



Cross Country Workshop

Sun 19th October

Time 10.30 am —1pm

Venue Finn Valley Centre,
Stranorlar,
Co. Donegal

Please contact Eamon at details below to book your place on this workshop. Coaches, parents and athletes all welcome.

Contact person:

Eamon Harvey
Athletics Ireland RDO
Mobile: 087 2797548
eamon@athleticsireland.ie

Cost: €5 per athlete payable on day.

Athletics Ireland
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Northwood Industrial Estate,
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Cross Country workshop for coaches, parents and athletes aged 12+. The day will include input from several cross country coaches who will discuss preparing for the cross country season. The day will also include a cross country training session. Bring packed lunch and training gear.

Contents

- Preparing for cross country
- Training paces and sessions
- Planning the training week
- Scheduling the training year

