



Marathon Workshop Planning Your Training

Sat 7th December 2013 10:30-13:00

TVH Clubhouse, Linford Christie Stadium, Ducane Road, W12 0AE

Participants are encouraged to enter the Wormword Scrubs parkrun @
9.00 am

Topics Covered

- Runners Goals
- Training plan
- Types of training
- Before the event
- The race

Suitable for all levels
of runner and their
coach.

Follow up workshop

Sat 1st February 2014.

- Injury prevention
- Race Day preparation

Contact

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Workshop free (voluntary donation to TVH funds welcome). Booking not essential but please email / phone to give estimate of numbers.