



WELSH ATHLETICS
ATHLETAU CYMRU

Welsh National Endurance Seminars 2011/12

In connection with the Visual Coaching for
Performance Strategy

Welsh Athletics, in partnership with 'Run Wales' have the pleasure in presenting its first National Endurance Seminar on the 1st October 2011 at Rhayader Leisure Centre, Mid Wales from 9am.



This year's line-up includes:

- ✓ JOHN NUTTALL, UKA Development Coach for Endurance, coach to Helen Clitheroe.
- ✓ ROSIE POYNOR, Psychologist at the Institute for Psychology of Elite Performance and specializes in visualization and self-talk.
- ✓ MATHEW ARCHER, Strength and Conditioning Coach for Sport Wales
- ✓ DARRELL MAYNARD, Welsh Athletics National Event Group Lead Coach Endurance, coach to Gareth Warburton and Richard Hill
- ✓ STEVE BRACE, Welsh Athletics Head of Athletics Development
- ✓ JAMES THIE, Welsh Athletics Competitions Manager, coach to Adam Bitchell



The seminar also includes athlete interviews with several of our top endurance athletes and their coaches, an overview of endurance fixtures for 2012, optional training sessions in the morning and afternoon, a question and answer session and refreshments throughout the day.

This exciting day is not to be missed and is suitable for all progressive coaches and athletes wishing to expand their knowledge and meet others involved in endurance in Wales.

For more details and to book your place please contact Steve Brace at steve.brace@welshathletics.org



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Programme for the day

- 9:00 am** **Arrival at Rhayader Leisure Centre**
(Optional easy run 3-4 miles on the Elan Valley road/pathway)
- 9:45 am** **Arrival Refreshments**
- 10:00 am** **Introduction** - Darrell Maynard & Steve Brace
Welcome & Seminar Overview
- 10:10 am** **Session 1** - John Nuttall
My Life and experiences - Elite Athlete to Elite Coach
- 10:50 am** **Morning Refreshments**
- 11:05 am** **Session 2** - Rosie Poynor
Psychology – Mind Games
- 11:50 pm** **Lunch** (*provided*)
- 12:40 pm** **Session 3** – Discipline Leaders
Endurance Fixtures – An Update for 2012
- 12:50 pm** **Session 4** – James Thie & Guests
Athlete interviews – an insight into their success
- 1:40 pm** **Session 5** - Mathew Archer
Strength and Conditioning (Practical) - For every athletes need
- 2:30 pm** **Afternoon Refreshments**
- 2:45 pm** **Session 6** - John Nuttall
Training and competing – Preparing endurance athletes for modern day athletics
- 3:30 pm** **Session 7** – Welsh Athletics Panel
Questions & Answer Session
- 3:50 pm** **Travel to Elan Village Visitor Centre**
Under the Dam – 3½ miles away.
- 4:00 pm** **Training Sessions (Optional)**
Variety of sessions offered that will be led by attending coaches
(*Subject to number of athletes attending*)
- Hill reps - up to 800m on grass or tarmac
 - long efforts - 1200m approx - variable terrain
 - Grass efforts - on flat variable grass - up to 600m
 - Mountain training run
 - Easy flat run - alongside the reservoir
- 5:25pm** **Round up** – Steve Brace & Darrell Maynard
Thoughts & reflections of the day
- 5.30pm** **Departure**



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Venue Information

Rhayader Leisure Centre

North Street
Rhayader
Powys
LD6 5BU

Tel: 01597 810355 / 811013

Elan Valley Visitor Centre

Elan Valley
Rhayader
Powys
LD6 5HP

Tel: 01597 810880



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