



Half and Marathon Workshop

Sunday 11th February 2018: 09:30—16:00
Shobnall Leisure Complex,
Shobnall Road, Burton-Upon-Trent. DE14 2BB
Cost: £36.50

Delivered by UKA coaches Paul Evans and Chris Hollinshead, the workshop is aimed at runners working towards a half or full marathon. Sessions will include:

- Scheduling races and stepping stones
- Planning your training
- Practical session on the athletics track
- Peaking and tapering
- Paul Evans: a Marathon case history

Register now at :

<http://www.castlecoachingfitness.co.uk/halfmarathonworkshop/>

Paul Evans is a UKA level 3 endurance coach, former Chicago Marathon winner and GB international athlete. His time of 2:08:52 places him 5th on the UK all-time marathon list

Chris Hollinshead is a UKA level 4 endurance coach, working with individual runners and clubs. He is also a medallist at British and World Masters level.