

Calderdale Athletics Network Workshop Delivery OCT – DEC 2011

All workshops are £7.50 (cheque made payable to CADG ,or cash only) which pays for venue hire, tutors time and travel and all profit is reinvested back into supporting grass roots athletics in the clubs comprising the Calderdale Athletics Network. Apply directly to contact to book a place. Note that all sessions, except the planning workshop, are practical and will require appropriate kit. Minimum and maximum numbers apply so send cheques in prior to event(s).

Date	Workshop	Venue	Covers	Contact Details and cheques to ...
20 th October 7-9pm	Self massage & soft tissue release techniques	Mytholmroyd Community Centre, Caldene Avenue, Mytholmroyd, Hebden Bridge.	Practical & theory - benefits - basic self massage. - different techniques - how it aids performance - when to use	Phil Bolton 4 Bridge End Close, Helmshore Rossendale Lancs BB4 2NG Philbolton4000@hotmail.com
26 th October 7.30-9 pm	Winter strength training for runners	Mytholmroyd Community Centre, Caldene Avenue, Mytholmroyd, Hebden Bridge.	Practical and theory . - What is strength training ? - Why should runners do it ? - Common misconceptions. - Which exercises and why ? - Fundamental exercises for runners. - Common mistakes. - Planning.	Graeme Woodward 16 The Brook, Mytholmroyd, Hebden Bridge HX7 5ED graemewoodward@hotmail.com
11th November 7-9pm	Self massage & soft tissue release techniques	Holmfirth Harriers Neilly Pavilion, New Mil Road, Honley. HD9 6QT	Practical & theory - benefits - basic self massage. - different techniques - how it aids performance - when to use	John McFadzean 36 Lydgate Drive, New Mill, Holmfirth. HD9 1LW hellojohn@tiscali.co.uk
Saturday 12 th November 10am – 1pm	Fell running : uphill and downhill technique	Mytholmroyd Community Centre, Caldene Avenue, Mytholmroyd, Hebden Bridge.	Practical session aimed at improving uphill and downhill technique. Suitable for individuals or groups new to running on the fells but ready to improve. Suitable for teenagers and above. Needs fell shoes & waterproofs.	Al Whitelaw 1 Calder Grove, Mytholmroyd, Hebden Bridge HX7 5AG bigal@firenet.uk.net
25 th November 7-9pm	Introduction to Plyometrics	Holmfirth Harriers Neilly Pavilion, New Mil Road, Honley. HD9 6QT	Practical and theory . - What are plyometrics? - Why should runners and athletes do them ? - How does it work ? - Which exercises and why ? - Common mistakes. - Planning and progression.	John McFadzean 36 Lydgate Drive, New Mill, Holmfirth. HD9 1LW hellojohn@tiscali.co.uk
30 st November 7-9pm	Planning for adult endurance runners	Spring Hall Track Function Room, Huddersfield Road, Halifax	Theory session covering... - different types of training. - energy systems. - when to use what ? - when is enough, enough ? - how to peak, taper and recover.	Graeme Woodward 16 The Brook, Mytholmroyd, Hebden Bridge HX7 5ED graemewoodward@hotmail.com
5 th December 7-8.30pm	Injury prevention & management	Crossley School Sports Hall, Free School Lane King Cross, Halifax	Practical and theory : - common injuries - common symptoms, risk factors and causes of injury - exercise strategies to minimize risk of injury.	Phil Bolton 4 Bridge End Close, Helmshore Rossendale Lancs BB4 2NG philbolton4000@hotmail.com