

The East Midlands London Marathon Team



Are You Running a Spring Marathon?

England Athletics East Midlands will be working in partnership with Cowan Global Consulting to offer a unique opportunity to gain sound advice and knowledge on how best to prepare for a marathon.

The programme will offer an enjoyable, educational and sociable series of workshops, linked to local road races and supporting charities. Workshops will be held all over the region with workshop one being run twice during November and workshops two, three and four being run once at strategic times of the year leading up to the London Marathon in April 2009.

The workshops are not only for those who have entered the London Marathon but also for anyone who has an interest in marathon running and run in different marathons across the calendar

Workshop One

Saturday 29th November 2008

1pm-4pm at Clifton Leisure Centre,
Southchurch Drive, Clifton, Nottingham, NG11 8AB

Sunday 30th November 2008

1pm-4pm at Abbey Sports & Leisure Club,
70 Slater Street, Frog Island, Leicester, LE3 5AS

***"The London Marathon; now
you've been accepted...what next?"***

Covering:

- Getting the running habit
- Destination London; planning your training
- What to wear

Workshop Two

January 2009

"Focusing your training - being ready for London"

Covering:

- EMLM team update
- Focusing of training towards 26th April 2009
- Lifestyle matters for the marathon runner

Workshop Three

February 2009

"The long dark nights - don't lose your focus!"

Covering:

- Peak mileage – the toughest month
- The importance of hydration
- Making the best use of your weekends
- Lessons from the marathon

Workshop Four

March 2009

"You're nearly there - don't blow it!"

Covering:

- Tapering for your best performance
- Race week and race day preparation
- What to expect afterwards



The workshops will also include the opportunity to receive training advice from ex-elite marathon runner Paul Evans, (1st in Chicago, 2nd in New York and 3rd, 4th and 5th place finishes in London) as well as top tips on choosing the correct footwear and training kit from major sports brand, PUMA.

Once signed onto the programme you will receive free and highly subsidised kit from PUMA.

**For more information: www.EnglandAthletics.org/east-midlands
or call the regional office on 01509 228765**



Registering on the programme

Please fill in the below information if you would like to register on the programme and receive further information:

Name:

Address:

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E-mail:

Contact Number:

Date of Birth:

Personal Best:

What time do you wish to achieve at the London Marathon:

Return via post to: London Marathon Team, England Athletics East Midlands, Indoor Athletics Centre, Loughborough University, Leicestershire, LE11 3TU or email smoore@englandathletics.org

