



Warm-Ups and Injury Prevention

Endurance Coach and Leader Workshop

**Haldon Forest Park nr Exeter. EX67XR
Monday 13th July, 7-9pm.**

InStep is working with England Athletics to present a free workshop for coaches and run group leaders who want to learn more about warm ups and injury prevention.

This will be a practical, outdoor course with lots of opportunities for delegates to ask questions and learn new skills.

We only have a limited number of places, so in the first instance we are restricting this to a maximum of two delegates per club / group. First come, first served. Places are free of charge if you turn up, but we will charge £10 a head for any no-shows. Substitutes are allowed.

The course will be held at Haldon Forest Park. Full details of the venue, including directions, postcode, car parking etc at <http://www.forestry.gov.uk/haldonforestpark>

There is a covered area which we might use in the event of heavy rain – but please come dressed for the weather.

Please contact Tony to book places / ask any questions
chair@instepdevon.org.uk 07894 439817



www.EnglandAthletics.org

