



# Coaching



Tony Lett, Head Coach, Trishton, Coast Road,  
Porthtowan, Cornwall TR4 8AQ Tel 01209 891101  
tonylett1@gmail.com.

## NEW YEARS DAY 2013

### Middle Distance

From my latest Christmas present- Seb Coe's book, i note that at the age of 17-18 (A levels) he sustained a shin stress fracture, due no doubt to him doing lots of road miles and not doing any bounding or weight baring exercises. As soon as he went to Loughborough he began strength training, speed training in winter and doing some sessions with the sprinters, after which he knocked 3 seconds off his 800m time.....Worth thinking about!

### COACHING QUALIFICATION COURSES UPDATE.

Remember that coaches registered with the Sports Partnership can get huge reductions if they apply in time. I have only listed those courses near to Cornwall.

LEADER IN RUNNING AND FITNESS £110 17<sup>th</sup> Feb Exeter University

ATHLETIC LEADER £130 10<sup>th</sup> Feb I think that is at Yeovil

COACH ASSISTANT £145

26/27<sup>th</sup> January Tavistock

16/17<sup>th</sup> March

Taunton

20/21<sup>st</sup> April Yeovil.

29/30<sup>th</sup> Sept.

Tavistock

26/27<sup>th</sup> Oct Taunton

COACH £325 13/14<sup>th</sup> April Tavistock

COACH IN RUNNING FITNESS £325

Note the new date of 23/24<sup>th</sup> Feb Plymouth

**Beach Training** If you haven't done it then give it a try. A change of venue gives inspiration and incentive



The athletes are down here and have to get past me in 30ish seconds, with 10 more seconds behind me. Crantock Beach



**ATHLETICS ACADEMY** Dates for this year are  
SATURDAY 12<sup>th</sup> January Carn Brea      SUNDAY 17<sup>th</sup> February Carn Brea  
SUNDAY 24<sup>th</sup> March Par All costing £2per athlete

**Plymouth Open** I've just heard that this will be at Brickfield on 7<sup>th</sup> April

**BBC Superstar** Helen Glover won the woman's trophy, her CAC middle distance pedigree showing though.

**COUNTY RECORDS** My apologies to those I missed from the county record list for 2012. You know what they say,...'something in haste, regret in leisure'