



# Half Marathon Training Day, Bath

**Come along for a morning training on the canals and paths around Bath followed by talks and discussions on the Half Marathon.**

**Led by Holly Rush and Martin Rush**

**Timetable:**

- 10.30am:** Arrive ready changed for a training run. There will be led groups covering runs at different paces from 30 to 90 minutes. Suitable for beginners, intermediates, and experienced runners. Runs will leave by 10.45am  
On your return a session of conditioning and recovery will be carried out with each group. Changing and showers are available.
- 12.45pm:** Lunch. Please bring your own. Tea&coffee will be available for your refreshment.
- 1.15pm:** Coaching talk and discussion with Holly Rush, Martin Rush and Team
- 2.30pm:** Nutrition discussion with Renee McGregor, Team Bath AC and Team Bath Nutritionist
- 3.15pm:** Finish



## **Sunday January 29<sup>th</sup> 2012**

**King Edward's School playing fields and pavilion,  
Bathampton, Bath BA2 6SY. 10.30am to 3pm.**

**Cost: £10. Numbers limited to 40**

Please register your intention to participate with Tim Snowdon, Avon McCain Athletics Network Co-Ordinator on [Timothy.Snowdon@uwe.ac.uk](mailto:Timothy.Snowdon@uwe.ac.uk)

Payment on the day by cash or cheques payable to "WESPORT"



**[www.englandathletics.org](http://www.englandathletics.org)**