

Race walking for Beginners

A 90min Workshop for Coaches and Athletes

The first Avon Athletics Network Spring Coaching Workshop will be led by **Martin Rush** (England Athletics NCM for Endurance and Olympic Race Walker) on the basics of Race Walking, aimed at both coaches who want to learn about this event, and also athletes who want to give it a try. This will be a mostly practical workshop and normal training kit will be suitable. There is no cost for this workshop.

**WEDNESDAY 25th Jan 2012,
7.30pm – 9pm**

**Meeting Room, University of
Bath Sports Training Village
(post code BA2 7AY)**

Please register via email to
timothy.snowdon@uwe.ac.uk

**England Athletics Local Coach
Development Programme**
supporting your development as
a coach according to your needs

