



fullpotential



runbristol Training Day
Sunday 11th April
Coombe Dingle Sports Centre

9.30am	Registration
10am	Introduction and Workshop Outline
10.15am	Are You Strong Enough?
11am	Practical Running Session: How to understand and use Threshold Running
12-12.45pm	Lunch & Shower
12.45pm	Assessing Your Strengths and Weaknesses: Julie Sparrow
2pm	Coffee Break
2.15pm	Cross Training and Running Alternatives: Workshop & practical with Sam Ayers
3.15pm	Mind Games for Training and Racing: Tom Payn
4pm	Camp Closes

**Coombe Dingle Sports Centre, Cricket Pavilion, Coombe Dingle Sports Complex,
Coombe Lane, Stoke Bishop, Bristol, B29 2BJ**