



runbristol Training Day
Sunday 13th June
Henbury Leisure Centre

9.30am	Registration
10am	Introduction and Workshop Outline
10.15am	What is Threshold Running?
11am	Practical Running Session: Threshold Running and Your Half Marathon Goal
12-12.45pm	Lunch & Shower
12.45pm	The Value of Your Long Run
2pm	Coffee Break
2.15pm	Nutrition and Hydration advice from Lucozade Sports Scientist
3pm	Rest, Recovery and Your Immune System: Louise Damen
4pm	Camp Closes

Henbury Leisure Centre, Avonmouth Way, Henbury, Bristol BS10 7NG