



runbristol Training Day
Sunday 18th July
Coombe Dingle Sports Centre

9.30am	Registration
10am	Introduction and Workshop Outline
10.15am	The Benefits of Mixed Pace Running
11am	Practical Running Session: A Key Mixed Pace Session for Your Half Marathon
12-12.45pm	Lunch & Shower
12.45pm	Morning Session De-Brief
1.30pm	Maximise the Final Weeks to Race Day
2.30pm	Coffee Break
2.45pm	Interview with a former great: Tim Hutchings
3.45pm	Final Questions
4pm	Camp Closes

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