



fullpotential



Marathon Survival Training Weekends January-February 2010

FACT SHEET

Everything you need to know for marathon success in 2010!

Dates:

- * Saturday 23 - Sunday 24 January
- * Saturday 30 - Sunday 31 January
- * Saturday 20 - Sunday 21 February
- * Saturday 27 - Sunday 28 February

Price:

Training Weekend: £149 per person

- Join us at our team 3* hotel (just a couple of minutes walk from the College) on the Friday and/or Saturday nights at the following rates:
 - Twin share or Double inclusive of bed & breakfast: £50 per person
 - Single room inclusive of bed & breakfast: £60 per person
- Join the Coaches and team for a private 3-course dinner on Saturday evening at a cost of £25pp.

Challenge the way you train and race to reach YOUR full potential in 2010!

We've been organising our marathon training weekends for over 7 years and no matter if you're a beginner, improver or experienced runner, our coaching weekends will help you enjoy your running, train smarter and run faster. We absolutely welcome **EVERY** ability of runner and we'll ensure you learn everything you need to know to run your very best race.

Join the Full Potential coaching team led by GB endurance coach, **Nick Anderson**, and former Commonwealth Games Marathon Runner, **Keith Anderson**, for a weekend to revolutionise your running. Your top team of coaches and experts will include: Full Potential Coaches, Richard Pickering and Paul Simons, and Julie Sparrow, our expert Sports Physiotherapist.

Our weekend agenda will include:

- How to put together your marathon training programme
- The taper and race day: understand your race day plan to ensure you run your best
- Lucozade Sports Scientists will explain optimum nutrition strategies for training and racing
- Coach Mentoring Sessions in small groups
- Mental preparations to run your best race
- The Long Run: how long and how to make it work for you
- Practical coached sessions for all abilities - we'll split into groups to ensure you run with others at your own pace. On Saturday: threshold and hill running sessions/on Sunday: a guided long run in the College grounds and Bracknell Forest.
- Fantastic adidas footwear and kit offers for weekend camp attendees only

Venue:

Our venue is Wellington College, one of England's oldest and finest private boarding schools. The College stands in 400 acres of private estate and provides us with a stunning environment and an endless choice of running routes.

We'll have limited numbers ...book up now to secure your place as they will fill up fast!
Be informed. Be inspired. Reach your full potential!

To reserve your place please complete the booking form and return it to us. Don't hesitate to email for more information at info@fullpotential.co.uk or call us on 0208 123 7806.

www.fullpotential.co.uk / info@fullpotential.co.uk / tel: 0208 123 7806