

## Athlete Profiling and Planning Online Workshop

This workshop is designed to introduce the benefits of athlete profiling and explore how to session design and programme aligned to athlete area of development and their individual goals. The workshop will introduce themes that will be developed in the CiRF qualification, and this opportunity will be a great steppingstone to taking the next step in your qualification journey.

Delivered via an interactive virtual classroom, the overall aim of the workshop is to increase knowledge and confidence for Run Leaders across Wales. The 2 hour session is designed to be interactive and informative, giving participants an opportunity to create greater understanding of the athletes they are delivering sessions to and how to consider

Topics covered include:

- Understand how to profile your athlete
- Exploring session (microcycle) planning linked to athlete profiling
- Exploring programming linked to mesocycle goals

### **PRE-REQUISITES**

Leadership in Running Fitness, Coaching Assistant or higher.

Recommendations: It is strongly recommended that leaders complete the Energy Systems & Running Economy workshop before booking the Athlete Profiling and Planning workshop.

### **LENGTH**

1.5 hours (self-paced)

### **COST**

£20

To view the workshop calendar, [click here](#).