

Energy Systems, Technical Model & Running Economy Online Workshop

This workshop is designed to help build an understanding of energy systems and how they are developed. 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 session they are delivering and how to support the progression of individuals in their groups.

Topics covered include:

- Recap/ re-visit of ADM
- Understanding energy systems
- Planning for the development of the energy systems
- Exploring Running Economy: Technical Running Drills and the Technical Templates

PRE-REQUISITES

Leadership in Running Fitness, Coaching Assistant or higher

LENGTH

1.5 hours (self-paced)

COST

£20

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