

Run Leader Refresher Workshop

This workshop is designed to be a 'refresher' for qualified Leaders in Running Fitness. The workshop will cover information and content that will have been introduced throughout the LiRF qualification, as well expand on and extend to content that may well be new. 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 reconnect with best practice ideas for delivering effective running sessions.

Topics covered and reviewed include;

- The Role of a Leader
- Athlete Development Model
- Plan – Do – Review Process
- Session Plan Summary
- Principles of a RAMP Warm Up and Cool Down
- Session Planning & Components of Fitness
- Best Practice 'How 2' and 'What 2' Skills
- Using the STEP principle
- Barriers to Participation
- Next Steps on the Run Leader journey

Benefits

- Re-visit key topics covered during the LiRF qualification
- Develop a wider understanding of the role of a Run Leader
- Improve and increase confidence in delivery of running and walking activities
- Develop a further understanding of how to deliver well-structured and engaging running and activities
- Engage with a network of like-minded individuals and share in best practice ideas and discuss challenges around delivering to mixed ability groups etc



Pre-Course Information:

The candidates will have received pre-course information to familiarise themselves with the workshop content and prompt any questions around key themes that they would like to ask during the workshop

Pre-requisites

Having attended a previous Leadership in Running Fitness course or be LiRF qualified

Duration

2 hours

Cost

£20