

## UPCOMING COURSE

### Endurance Workshop - Preparation for the Great Limerick Run

Date: Thursday 25<sup>th</sup> March 2010 - 7pm-9pm

Venue: Limerick Institute of Technology Room  
3B.05\*

Cost: €5 per person

Places are limited - Booking is essential



A 10k, Half- Marathon or Marathon run involves consistent regular training and a balance of preparation and recovery. Limerick City Sports Partnership is organising this workshop with 6 weeks to race day as a final chance for recreational joggers in the 10k to marathon runners to improve for their event of choice.

#### Course description:

Coach Joe Chawke discusses the best mixture of mileage/speedwork. He takes the guesswork out of planning long runs, track speedwork and getting the correct balance to bring you to your big event at peak fitness. Joe is a highly accomplished runner in his own right and a valued member of West Limerick AC. Each year, he leads a large group in preparation for endurance events- from the recreational runner to the triathlon specialist.

Athletics Development Officer Steven Macklin brings the Top Tips that every participant in a big endurance event can benefit from. Make some of these tips part of your preparation and race day to enjoy your training and improve your race day experience.

Steven has a passion for endurance events and brings his experience in the MidWest region to participants of all levels.

Nutrition for the Great Limerick Run includes Hydration, Fuelling up and forming habits for a healthy fit body. Learn what to eat and drink to feel better and jog/run at your best. Dietitian Maria Bowles presents easy to follow advice that is practical and useful- for every participant.

#### Who is it for?

Participants jogging/running in the 10k, half or full marathon.

*\* Room 3B.05. is located on the first floor. As you enter the main rear door of LIT (nearest entrance to parking area) you take the stairs to your left hand side in front of the entrance to the canteen. Take a left at the top of the stairs, and directly left again through the double doors. 3B.05 will be the first room on your left hand side.*

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### APPLICATION FORM

Course/Workshop: Endurance Workshop - Preparation for the Great Limerick Run

Date: Thursday 25<sup>th</sup> March 2010, 7pm-9pm, Limerick Institute of Technology

Please detach Application Form & include payment of € 5 per person made payable to Limerick City Sports Partnership and return by March 19<sup>th</sup> to: Limerick City Sports Partnership, 2 Church Street, St. John's Square, Limerick.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Tel No. \_\_\_\_\_ Email: \_\_\_\_\_

Club/Org.: \_\_\_\_\_