



Endurance Coaches Network (ECN) Day 1 Provisional Schedule Sunday 24th April

8.45-9.15am- Registration/Wall of Vulnerability & Tea/Coffee (Earl of Rosse C1164 Lecture Theatre)

9.30-9.45am- Opening Address by Steve Macklin (National Junior Endurance Coach) (Earl of Rosse C1164 Lecture Theatre)

9.45-10.45am- 'Challenging your Coaching Practice' with Martin Rush (England Athletics)

10.45-11.45pm- 'There is more to Coaching than meets the eye' with Liam Moggan (Coaching Ireland)

11.45-12.00pm- Coffee Break

12.00-1.00pm- Breakout Sessions with a choice of the following:

1) 'Coaching elite athletes in a group environment-a case study of the KCH middle distance group' with Niamh & Noel Richardson

2) 'Case Study Katie Kirk- The journey from juvenile to senior and the highs & lows' with Mark Kirk

3) 'Physical Literacy applied to juvenile endurance athletes' with Laura Kerr (Athletics NI)

1.00-2.00pm- Lunch

2.00-3.00pm- 'Running mechanics for optimised performance and injury prevention: The role of the coach' with Colin Griffin (Sports Surgeries Clinic/Former Olympian)

3.00-4.00pm- Breakout Sessions with a choice of the following:

- 1)** 'Coaching elite athletes in a group environment-a case study of the KCH middle distance group' with Niamh & Noel Richardson
- 2)** 'Case Study Katie Kirk- The journey from juvenile to senior and the highs & lows' with Mark Kirk
- 3)** 'Physical Literacy applied to juvenile endurance athletes' with Laura Kerr (Athletics NI)

4.00-4.15pm- Coffee

4.30-5.30pm- Panel Discussion with the day's speakers and Q&A

5.30-5.45pm- Closing Address by Steve Macklin (National Junior Endurance Coach) (Earl of Rosse C1164 Lecture Theatre)