



**Endurance Coaches Network (ECN) Schedule Saturday 1<sup>st</sup> April 2017**

**9.00-9.15am-** Registration/Networking & 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-** "Coaching my sons Callum & Derek to the Rio Olympic Games" with Robert Hawkins Scottish Athletics National Endurance Coach Mentor

**10.45-11.45pm-** 'Keeping Today's Athlete Injury Free' with Rene Borg

**11.45-12.00pm-** Coffee Break

**12.00-1.15pm-** Breakout Sessions with a choice of the following:

**1)** "My Coaching Philosophy & a look into the training & preparation of Colin Costello & Paul Robinson" with Robert Denmead

**2)** "Coaching with European XC Championships in mind- Preparing for a December Peak" with Paul McNamara

**3)** "A look into the training of 800m/1500m athlete Amy O Donoghue" with Henry Kiely

**1.15-2.00pm-** Lunch

**2.00-3.30pm-** Breakout Sessions with a choice of the following:

**1)** "My Coaching Philosophy & a look into the training & preparation of Colin Costello & Paul Robinson" with Robert Denmead

**2)** "Coaching with European XC Championships in mind- Preparing for a December Peak" with Paul McNamara

**3)** "A look into the training of 800m/1500m athlete Amy O Donoghue" with Henry Kiely

**3.45-5.15pm-** Practical: 'Technique Coaching Cues - Keeping it simple for your athletes' - Jason Kehoe

**5.15pm-** Finish