



Endurance Coaches Network (ECN) Schedule Saturday 1st 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