



Endurance Coaches Network (ECN) Provisional Schedule Saturday 30th September 2017

9.00-9.15am- Registration/Networking & Tea/Coffee (Earl of Rosse C1164 Lecture Theatre)

9.15-9.30am- Opening Address by Steve Macklin National Junior Endurance Coach

9.30-10.30am- **“Lessons, Learning, Mistakes & even more learning- The ongoing coaching experience”** with Brian Sweeney High Performance Swim Coach

10.30-12.00pm- **Interactive Q&A** with Robert Heffernan World Champion

12.00-12.15pm- Coffee Break

12.15-1.30pm- **“AAI Trackfit Prehab Program Practical”** Paul Carragher AAI Lead Physio & Martina McCarthy S&C Institute of Sport

1.30-2.15pm- Lunch

2.15-3.30pm- **“Running drills practical a simplistic view”** Paul Carragher AAI Lead Physio & Martina McCarthy S&C Institute of Sport

3.30-3.45pm- Break

3.45-5.15pm- **“Flexibility program and Foot/Ankle Conditioning Practical”** Paul Carragher AAI Lead Physio & Martina McCarthy S&C Institute of Sport

5.15pm- Finish

***Please note all theory presentations will be in the Earl of Rosse C1164 Lecture Theatre with all practical workshops in the indoor arena.**