



### **Endurance Coaches Network (ECN) Schedule Saturday 1<sup>st</sup> October**

**8.45-9.15am-** 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-** '12 years a runner, 10 years a coach and 8 years scientist - what have I learned?' **with Dr Peter Francis**

**10.45-11.45pm-** "An insight into the training of Irish Olympic athletes Paul Pollock and Kevin Seaward" **with Coach Andy Hobdell**

**11.45-12.00pm-** Coffee Break

**12.00-1.30pm-** Breakout Sessions with a choice of the following:

**1) 'DSD Junior Endurance program: A Look Inside' with Coach Donal Hennigan**

**2) 'Karl Griffin Case Study- A Progression from juvenile to junior 800m training' with Coach Eamon Harvey**

**3) 'An insight into the training of Irish Junior 5000m record holder Kevin Mulcaire' with Coach Pat Hogan**

**1.30-2.30pm-** Lunch

**2.30-4.00pm-** 'Running Mechanics a practical approach' **with Coach Colin Griffin (Sports Surgeries Clinic Santry/Former Olympian)**

**4.00-4.15pm-** Coffee Break

**4.15-5.30pm-** Breakout Sessions with a choice of the following:

**1)** 'DSD Junior Endurance program: A Look Inside' **with Donal Hennigan**

**2)** 'Karl Griffin Case Study- A Progression from juvenile to junior 800m training' **with Eamon Harvey**

**3)** 'An insight into the training of Irish Junior 5000m record holder Kevin Mulcaire' **with Pat Hogan**

**5.30pm-** Finish