



Endurance Coaches Network (ECN) Day 1 Final Schedule Saturday 23rd January

8.45-9.15am- Registration & Tea/Coffee (B1029 Lecture Theatre)

9.30-9.45am- Opening Address by Steve Macklin (National Junior Endurance Coach) (B1029 Lecture Theatre)

9.45-10.45am- **'The Pursuit of Excellence Programme (2009 – 2016): Elite Coach Development - Key Lessons Learned'** with Daragh Sheridan (Lead Programme Consultant, PEP Podium Programme at Irish Institute of Sport) (B1029 Lecture Theatre)

10.45-11.45pm- **"S&C and its place in an endurance athletes program"** with Joe O Connor (Fitness Consultant at Nisus Fitness/Lecturer Tralee IT) (B1029 Lecture Theatre)

11.45-12.00pm- Coffee Break

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

1) 'The training of a European Youth Olympic 1500m Gold Medalist' with Joe Ryan (National Junior Team Coach) (Room B2091)

2) 'Kerry O Flaherty- A case study with the Rio Olympics 3000m S/C Qualifier & European XC Medalist' with Richard Rodgers (Personal Coach) (Room 2093)

3) 'Training for the 11-15 year old endurance athletes, what should you be doing and how is it applied in a training setting' with Steve Macklin (National Junior Endurance Coach) (Room 2082)

1.00-2.00pm- Lunch

2.00-3.00pm- **'Blood monitoring in the endurance athlete'** with Dr Alan Rankin (Athletics Ireland Medical Lead) (B1029 Lecture Theatre)

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

1) 'The training of a European Youth Olympic 1500m Gold Medalist' with Joe Ryan (National Junior Team Coach) (Room 2091)

2) 'Kerry O Flaherty- A case study with the Rio Olympics 3000m S/C Qualifier & European XC Medalist' with Richard Rodgers (Personal Coach) (Room 2093)

3) 'Training for the 11-15 year old endurance athletes, what should you be doing and how is it applied in a training setting' with Steve Macklin (National Junior Endurance Coach) (Room 2082)

4.00-4.15pm- Coffee

4.30-5.30pm- **'The role of "Power" in endurance and its application to training'** with Chris Jones (National Coach Mentor Endurance England Athletics) (B1029 Lecture Theatre)

5.30-5.45pm- Closing Address by Steve Macklin (National Junior Endurance Coach) (B1029 Lecture Theatre)