



Endurance Coaches Network (ECN) 6 Timetable Sat 21st April 2018

8.45-9.15am- Registration/Networking& Tea/Coffee (Earl of Ross C1164 Lecture Theatre)

9.15-9.30am- Opening Address by Steve Macklin National Endurance Coordinator

9.30-11.00am- “Altitude Training- A British Athletics insight & the role of monitoring & prevention of overreaching” with David Harmer Endurance Coach National Performance Institute Loughborough

11.00am-11.30am- Tea/Coffee Break& Networking Opportunity

11.30-1.00pm-“The Role of Nutrition & Sleep in athlete recovery & performance” with Dr Sharon Madigan Head of Performance Nutrition Sport Ireland Institute

1.00-2.00pm- Lunch& Networking Opportunity

2.00-3.30pm-Interactive Q&A around the topic of RED-s with Bobby Clay UK Athlete led by Steve Macklin/Sharon Madigan/Sarah Jane McDonnell

3.30-3.45pm- Tea/Coffee Break & Networking Opportunity

3.45-5.00pm- “Running from Injury- My Experience & Lessons Learned”with Sarah Jane McDonnell Head of Rehabilitation Sport Ireland Institute

5.00pm- Finish