



Cheshire
Athletics Network

Coach Development in Cheshire Winter 2011

Sunday 2nd October 2011 10am- 3pm

Off- Road Development Day –

Teggs Nose Country Park, Buxton Old Road, Macclesfield, SK11 OAP

Wednesday 12th October 2011 – 7pm

Planning the season ahead and goal setting- for Track&Field and Road Running

Devere Hotel, De Vere Daresbury Park, Warrington

Monday 14th November 6:30pm

Youth Development- How Training Affects Young Athletes

Winsford Lifestyle Centre, Winsford, CW7 2PT

Sunday 27th November- 10am- 12:00

Cheshire Run-Jump-Throw Series (10-12pm – Horizontal Jumps S&C, Sprint Winter Development, Hammer & Discus Winter Development 12- Plyometric Workshop and Circuit training)

Macclesfield Leisure Centre and Athletics Track, Priory Lane, Macclesfield, SK10 4AF

Wednesday 30th November 2011 6:30pm

Nutrition for Endurance Athletes (5k- half marathon)

Knutsford Leisure centre, Knutsford, WA16 0BL

To book on any of these please email vicky.huyton@sportcheshire.org

