

Endurance Running Course in Charleville, Co. Cork

Please check out our **upcoming endurance course on the 8th of September.**

The Charleville Park Hotel will host the endurance workshop and will commence at 10am , and finish up around 4pm.

The cost of this workshop will be €60 and is open to all sports.

This one day workshop has been requested by many clubs, coaches and Fit4Life groups in the North Cork region. Entry to this course will be on a first come, first served basis, so please do not hesitate to register!

The aim of the Endurance Running course is to give some basic knowledge/skills to the endurance coach to help assist in the delivery of coaching sessions to young athletes/Fit4Life groups/Road Runners and cross country etc. It is an introduction to some key endurance principles.

Registration for the course can be done via the following link <https://events.athleticsireland.ie/ps/event/EnduranceCourseNorthCork>

Course Content can be found here <http://www.athleticsireland.ie/coaching/coach-education/endurance-running/>

For any additional information, please do not hesitate to contact myself.

Please circulate this email to those who may be of interest.

Kind Regards,

Lilly-Ann

Lilly-Ann O'Hora

Regional Development Officer
Limerick, Cork, Kerry
Athletics Ireland

M: +353 85 806 0440

W: www.athleticsireland.ie

Unit 19, Northwood Court
Northwood Business Campus
Santry, Dublin 9
Ireland