



LIRF to CIRF

(Leadership in Running Fitness to Coach in Running Fitness)

This **free** workshop is aimed at current LIRF leaders who are looking to progress onto the CIRF course.

Outcomes include:

- Athlete Development
- How learning takes place
- Technical knowledge - starting/accelerating and running up and down hill and over obstacles
- Planning a training programme
- Coaching process skills review – How to Coach
- Coaching knowledge and skills self assessment



Monday 12th Nov 2018

6.30 – 9.30pm

**Bury Athletics Track,
Greater Manchester**

To you're your place

<https://www.ulearnathletics.com/cpdEvent/88103>



www.englandathletics.org

