

Athletics Ireland is pleased to announce the details for the first meeting of the Endurance Coaches Network (ECN) on **Saturday 23rd January at Athlone IT**. The theme for this event will be "**THE WINNING FORMULA: PRACTICAL INFORMATION TO CHANGE THE COACHING PRACTICE'S OF DEVELOPMENT TO HIGH PERFORMANCE COACHES**". The event program will focus on giving coaches' practical information that they can take away and use to help improve their own coaching practice and will be delivered through plenary presentations and breakout sessions. There will be time for question & answers at all sessions also. If you are a club coach, development coach or a performance coach then this event has something to offer you. The (ECN) will bring the coaching community together to gain & share knowledge and more importantly to network with each other. It will be hosted in the excellent surroundings of Athlone IT and run from 9am-6pm, see attached flier for full details of the speakers and their presentations. Timetable below:

Endurance Coaches Network (ECN) Day 1 Schedule Jan 23rd

9.00-9.30am- Registration (B1029 Lecture Theatre)

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

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)

10.45-11.45pm- **'The role of "Power" in endurance and its application to training'** with Chris Jones (National Coach Mentor Endurance England Athletics)

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)

2) 'Marathon Training- A case study with Lizzie Lee 2016 Rio Olympics Qualifier' with Donie Walsh (Personal Coach)

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)

1.00-2.00pm- Lunch

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

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)

2) 'Marathon Training- A case study with Lizzie Lee 2016 Rio Olympics Qualifier' with Donie Walsh (Personal Coach)

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)

4.00-4.15pm- Coffee

4.30-5.30pm- **"S&C and its place in an endurance athletes program"** with Joe O Connor (Fitness Consultant at Nisus Fitness/Lecturer Tralee IT)

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

Steve Macklin, Athletics Ireland Coach Education Lead for Endurance said:

"I am extremely enthusiastic about this initiative as it brings all our endurance coaches together to learn, share and network. It is exciting that we have the high calibre of speakers delivering at this event to pass on their knowledge and experiences to our endurance coaches. This is an opportunity for all coaches to learn or refresh on current

coaching methods or see what other coaches are doing and more importantly to network with each other. The layout of the day is very relevant to all endurance coaches in Ireland and I encourage all coaches to attend. You are investing in your own athletes by doing so.”

Coaches can now register at the online link below for the low cost of €25. Registration for this event will close on **Friday 8th January** at midnight and places are limited to 80 coaches only. Register now at this link to avoid disappointment
- <https://events.athleticsireland.ie/ps/event/AIEnduranceCoachesNetworkECN>

Kindest Regards,

Steven Macklin
National Junior Endurance Coach
Athletics Ireland

E-mail: stevenmacklin@athleticsireland.ie
Tel: [+353876335565](tel:+353876335565)