

ARE YOU FREE THE WEEKEND OF JANUARY 31ST AND FEBRUARY 1ST 2009

We have organised a 2 day Training Weekend in Jersey with **LIZ AND MARTIN YELLING**. The Weekend will cover a range of interesting running topics and practical running sessions. The Training Weekend is suitable for runners of all abilities and fitness levels and it is intended to be **fun**.

Professional athlete and qualified physical education teacher Liz has 15 years experience as a top class international runner. Liz won the individual bronze medal in the 2006 Commonwealth Games marathon in Melbourne, Australia and was the first British finisher in the 2004 Athens Olympics Marathon. She has represented Great Britain at 9 World Cross country Championships and has won team Gold, Silver and Bronze medals at the European Cross Country Championships and finished in the top six 3 times. Liz has represented Great Britain over 25 times on the roads, track and cross country and is highly respected as one of the UK's finest female athletes. Liz has run a half marathon in under 70 minutes and has a marathon personal best of 2hrs 30. Liz competes in a variety of world class events across the globe but is at the same time passionate about helping other people achieve their own health, lifestyle and performance goals.

WHO AND WHAT

Liz and Martin Yelling run a company called 'Full Potential' (www.fullpotential.co.uk) who present training weekends in both the UK and abroad.

The weekend will cover several key issues:

- The key ingredients of successful running: types of training, why and when
- Believe you can do it – confident and motivated running
- Running injuries and niggles and how to avoid them
- Healthy eating for runners
- Talk from Liz Yelling re the Beijing Olympics
- Practical run sessions including a long run and an organised speed session.

WHEN AND WHERE

Saturday 31 January 10am to 4 pm (FB Fields)

Sunday 1 February 9.30 adm to 2.30pm (Les Quennevais)

HOW MUCH

£25 per person to include lunch on Saturday and brunch on Sunday, tea and coffee and water and loads of fun, action and your chance to meet a top GB Olympic athlete. If you are interested please let me know and send a cheque (to **Sarah Corcoran**) payable to **Jersey Spartan Athletic Club**.

Sarah Corcoran

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Liz and Martin Yelling run a company called 'Full Potential' (www.fullpotential.co.uk) who present training weekends in both the UK and abroad. Their workshops are designed to explore the science and running techniques using an interesting mix of presentations, discussions and practical sessions to learn, demonstrate and practice the objectives within each subject. The Weekend will be presented by Liz and Martin themselves and supported by some of our coaches and designed to help you take your running to a new level.

The proposed agenda for the weekend is as follows:

Saturday 31st January 2009 - Meet at Spartans Club House FB Fields -to be confirmed

09:45am meet for tea/coffee
10.00am: intro's and talk by Liz on Beijing Olympics.
11.30: Training session starts. (
1300: session end, shower and lunch
1400: The key ingredients of successful running. (types of running training, why and when).
15:00 Break.
15:15-16:00: Believe you can do it: Confident and motivated running.
16:00-16:45: Running injuries and niggles and how to avoid them.
17:00 closure

Sunday 1st February - Venue to be confirmed (West of the Island)

0930: Practical Long run.
11:00-11:45. Shower and food.
12:00: healthy eating for runners.
13:00-13:30 – reviewing your season and planning your training.
13:30-14:15: Open forum – Q&A
14:30: Closure.

The cost of the weekend will be £25 per person to include lunch on Saturday and brunch on Sunday as well as tea and coffee both days. We need a **minimum of 40 people** to attend so please let me know as soon as possible if you are interested. Cheques payable to Jersey Spartan Athletic Club.

FIRST CLOSING DATE 31ST DECEMBER 2008

