

COACH IN RUNNING FITNESS

Who should go on this course?

This endurance running qualification is primarily for those working with runners up to and including the event group development stage. All applicants must be active leaders of coaches who have completed as a minimum of Level 1, Fitness in Running & Walking, LiRF or Coaching Assistant qualification. CiRF is about the broad application to non track based endurance running events rather than specific events or distances and is not designed for coaches who want to work with runners taking part in track based events such as 800m – 10k track races or steeplechase. When qualified you will be insured to coach without supervision.

How many days will it take?

Four days including an assessment day.

What will I learn?

You will learn how to coach endurance running on a variety of surfaces, how to plan a progressive training programme for runners, helping them to develop towards their specific goal.

Topics covered include:

- Fundamental running skills and drills
- Skill development
- Energy systems and endurance running
- Physical preparation & nutrition
- Injury prevention & management
- Flexibility
- Factors influencing performance
- Elements of planning & delivery
- Core coaching skills
- Integrated coaching
- Athlete Development & Athlete Profiling

What will I be able to do?

When qualified you will be insured to coach without supervision, working with Coaching Assistants and Leaders in Running Fitness to support you in delivering the sessions.

How much will it cost?

£162.50 per person*

*This fee is 50% of the usual course fee of £325.00 per person.