



## KENT ENDURANCE ATHLETICS WORKSHOPS FOR COACHES AND ATHLETES

### Get Recovery Nutrition Right

10<sup>th</sup> Jan 2012: Erith Stadium, Erith 7.30-9pm

16<sup>th</sup> Jan 2012: Julie Rose Stadium, Ashford 7-8.30pm

- Learn how to refuel after training and racing.
- Understand the importance of healthy eating for providing energy for sport and in life.
- Nutrition advice for traveling athletes: make sure you eat well when away from home.
- Opportunity to train before workshops.

#### Speaker: Matthew Cole

Matthew is a sport scientist based at Canterbury Christchurch University who specialises in sports nutrition. He provides sports science support to a number of elite athletes and is currently studying for a PhD.

Athletes should a good club standard and as minimum be in the u15 age group. There is a minimal charge of £5 for athletes. (No charge for those signed up to the 2011/12 Kent Athletics Education and Development Programme.)  
**Free** to all UKA Licenced Coaches.

For further information and/or to book your place please contact Mark Dayson, Kent Athletics Network Co-ordinator 07794711181 or markdayson@mdp-physio.co.uk



[www.EnglandAthletics.org](http://www.EnglandAthletics.org)