



ROAD RUNNING LEADER COURSE

SASKATOON -LAKEWOOD CIVIC CENTER

MARCH 26, 2023

Course Details:

- This training is a practical, theoretical, and technical training for community run coaches and run group leaders. Leaders and coaches will walk away with tools to better support recreational runners to achieve their goals.
- You'll learn how to develop and adapt a training plan, how to build and manage positive group dynamics, as well as how to manage your groups safety while out on the roads.
- Course Schedule: Sunday March 26
 - 10:00am – 12:30pm
 - Role of a Run Leader
 - Safety and Risk Management
 - Training Plans
 - 1:30pm – 6:00pm
 - Warm-up and Technical Elements of Running
 - Injury Prevention
 - Mental Approaches to Running
 - Support All Runners
- Learning Facilitator: Harvey Weber



REGISTER TODAY!

WEAR COMFORTABLE CLOTHING AND RUNNING SHOES FOR TECHNICAL SESSION.

**REGISTRATION FEE:
NON SASK ATHLETICS MEMBERS - \$110**

SASK ATHLETICS MEMBERS - \$90

**DEADLINE TO REGISTER:
MARCH 22, 2023**

SEND REGISTRATION TO JARED WELSH AT SASKATCHEWAN ATHLETICS

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