

Preparing for an Autumn Marathon with International Marathon Athlete Mara Yamauchi

Wednesday 30th September 2015 – 6:30pm-8:30pm

**At: Southwark Council Offices, 160 Tooley Street, SE1 2TZ
(Nearest Station: London Bridge)**

Costs £10 to attend

As part of England Athletics programme we would like to invite coaches and athletes to a marathon workshop, with Mara Yamauchi, the UK's second fastest woman ever behind world record-holder Paula Radcliffe.

If you are a runner or coach preparing for an Autumn marathon in 2015 this workshop is for you! Mara will take you through the essential steps of marathon training covering nutrition, hydration, recovery, and race preparation as an athlete and coach to ensure that you are fully prepared. There will also be an opportunity for Q&A at the end of the workshop.

Places are limited this will be done on a first-come basis, book now to avoid disappointment.

For registration and payment please contact your London CCSO:

Julia Bailey jbailey@englandathletics.org call 07718526355

Guy Spencer gspencer@englandathletics.org 07702849277

