



# LIRF to CIRF

## (Leadership in Running Fitness to Coach in Running Fitness)

This **free** workshop is aimed at current LIRF leaders who are looking to progress onto the CIRF course.

Outcomes include:

- Athlete Development
- How learning takes place
- Technical knowledge - starting/accelerating and running up and down hill and over obstacles
- Planning a training programme
- Coaching process skills review – How to Coach
- Coaching knowledge and skills self assessment



**Monday 12th<sup>th</sup> Nov 2018**

**6.30 – 9.30pm**

**Bury Athletics Track,  
Greater Manchester**

To you're your place

<https://www.ulearnathletics.com/cpdEvent/88103>



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