West Lothian Athletics Partnership – Endurance Workshop

The three West Lothian Clubs (Livingston and District AC, Lothian Running Club and Linlithgow AC), West Lothian Council, West Lothian Leisure and **scottish**athletics present an endurance workshop on Tuesday 2nd December 2014.

The session is aimed at all coaches/helpers

The session focus will be on foundational movement. This a follow up from the successful session delivered in September on planning.

Delivery: The session will be delivered by Robert Hawkins. Robert is the **scottish**athletics National Coach Mentor for Middle Distance/Endurance. Robert also coaches with Kilbarchan AAC including his own sons – Callum and Derek – who represented Scotland at the 2014 Commonwealth Games in 10000m and Marathon respectively.

Date: Tuesday 2nd December 2014

Venue: Craigswood Sports Centre, Livingston.

Time: 7.30 pm – 9 pm

Cost: The sessions are provided free of charge for athletes and coaches.

Booking: Please if you confirm with Neil Boyle your attendance, *nboyle@westlothianleisure.com*

For any further information please contact the co-ordinator of the programme:

Neil Boyle, 07875 241 881 or email - nboyle@westlothianleisure.com