

DISTANCE RUNNING SEMINAR

Sunday 14th March 2021

Venue: WAMC Clubrooms, Burswood Water Sports Centre 1 Camfield Drive, Burswood

AGENDA

1:30pm – 1:35pm	WELCOME & INTRODUCTION	Evan Kolbe
1:35pm – 2:15pm	ULTRA RUNNING Everything you need to Know	Tina Ingraham
2:15pm – 2:25pm	My Top 3 Shoes for Ultra Running	Jon Kappler
2:30pm – 3:10pm	TRAINING PROGRAMS FOR DISTANCE RUNNING	Raf Baugh
3:10pm – 3:25pm	Break (light refreshments provided)	
3:25pm – 3:40pm	My Top 3 Shoes for Distance Running	Jon Kappler
3:45pm – 4:20pm	RUN NUTRITION	Alex Dreyer
4:20pm – 4:30pm	My Top 3 Shoes for 5km-10km Running	Jon Kappler
4:30pm – 5:00pm	Q&A with Speakers CLOSE	Evan Kolbe

West Australian Marathon Club Burswood Water Sports Centre, 1 Camfield Drive Burswood WA 6100 Phone: 9472 4833 Email: wamc@wamc.org.au Web: www.wamc.org.au RUN FOR FUN & FITNESS, ANY PACE, ANY DISTANCE