

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	<i>Break (light refreshments provided)</i>	
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