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| **Date** | **Location** | **Level of Activity** | **Session aim (Title)** | **Event Group/Specific event targeted** | **Lead Deliverer** |
| **Wednesday 17th September** | Institute of Sport Exercise and Health | LCDP | Nutrition | All Coaches & Athletes | Courtney Kipps and Kunle Odetoyinbo |
| **Wednesday 8th October** | Institute of Sport Exercise and Health | LCDP | Recovery | All Coaches & Athletes | Courtney Kipps and Kunle Odetoyinbo |
| **Saturday 11th October** | Woodcote High School | LCDP | Physical Preparation | All Coaches & Athletes | Rob Thickpenny |
| **Saturday 11th October** | Woodcote High School | LCDP | High Jump | All Coaches & Athletes | Trevor Llewelyn |
| **Saturday 25th October** | St Marys University | LCDP | Marathon Preparation | All Coaches, LIRF & Athletes | Mara Yamauchi |
| **Saturday 25th October** | St Marys University | LCDP | Hydration | All Coaches & LIRF& Athletes | Wendy Sly & Ian Hough |
| **Sunday 26th October** | Sennocke Centre, Sevenoaks School | LCDP | Transition & Progress for Youth Athletes | Youth Development Coaches | David Millett |
| **Sunday 26th October** | Sennocke Centre, Sevenoaks School | LiRF & LCDP | Plyometrics for Road Runners | Endurance Coaches and LRF leaders | Rob Thickpenny |
| **Sunday 26th October** | Sennocke Centre, Sevenoaks School | LCDP | Young Endurance Runners – What is Appropriate? | Youth Endurance Coaches | Jenny Harris |
| **Wednesday 12th November** | Institute of Sport Exercise and Health | LCDP | Athlete Screening | All Coaches & Athletes | Rob Thickpenny |
| **Saturday 29th November** | David Weir Leisure Centre | LCDP | Olympic Lifting | All Coaches & Athletes | Rob Thickpenny |
| **Sunday 22nd February** | David Weir Leisure Centre | LCDP | Intro to sprint hurdles and technical dev | All Coaches & Athletes | Lorna Booth |