|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **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 |