

# STOP PRESS

## Presentations on Improving Your Performance

With Steve James

**Monday 8th October 2012 at Bedford Athletic Stadium at 8.15pm**

**49 Shades of Grey** – comprising

Periodisation – what it is, how it works, how to use it with Harriers

SMARTER training – remove the grey from your training.

Energy systems & appropriate use during the session

Setting Goals - what goals triathletes/runners have for next year.

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**Monday 22nd October 2012 at Bedford Athletic Stadium at 8.15pm**

### **GROW UP**

Grow method of coaching

Take goals from first presentation & work together to establish outline plan forward.

Determine limiters & options to move forward.

Set milestones & Re-evaluate

Self coaching & Mentoring

No payment or response required.

Any questions or queries please contact either;

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