

Preparing for a Spring Marathon with International Marathon Athlete Mara Yamauchi

Wednesday 1st February 2017 – 6:30pm-8:30pm

**At: Southwark Council Offices, 160 Tooley Street, SE1 2TZ
(Nearest Station: London Bridge)**

Costs £10 to attend

As part of England Athletics programme we would like to invite you to a marathon workshop, with Mara Yamauchi, the UK's second fastest woman ever behind world record-holder Paula Radcliffe.

If you are a runner preparing for a Spring marathon in 2017 this workshop is for you! Mara will take you through the essential steps of marathon training covering nutrition, hydration, recovery, and race preparation as an athlete and coach to ensure that you are fully prepared. There will be a Q&A session for you to ask Mara your questions you have on the Marathon.

Places are limited this will be done on a first-come basis, booking are online book now to avoid disappointment: <http://www.ulearnathletics.com/>

For further information please contact your London CCSO:
Julia Bailey jbailey@englandathletics.org call 07718526355

