



runbristol Training Day
Sunday 15th August
Coombe Dingle Sports Centre

- 9.30am Registration
- 10am Introduction and Workshop Outline
- 10.15am The Taper: why is it so important and how to get it right
- 11am Practical Running Session: A Key Taper Session
- 12-12.45pm Lunch & Shower
- 12.45pm Your Half Marathon Race Strategy
- 2pm Coffee Break
- 2.15pm Thoughts for the Future: How to Plan Your Next Race Goals
- 3pm Q&A: “Let’s get rid of those last minute worries”
- 4pm Camp Closes

**Coombe Dingle Sports Centre, Cricket Pavilion, Coombe Dingle Sports Complex,
Coombe Lane, Stoke Bishop, Bristol, B29 2BJ**