



**Stockport Harriers & AC**  
**Saturday AM Open**  
**Endurance Group**

**STARTING SAT 23<sup>RD</sup> SEPTEMBER!!**

**Saturdays,**  
**8.45am for 9am Start**

Meet at the Clubhouse. £1 training fee.  
Wear Off-Road, XC or Fell Shoes.  
Open to All SHAC Athletes from U13+  
Coaches & Athletes from all Groups are encouraged to come along.

**Sessions will involve:**

- Warm Up
- Movement Drills
- Main Running Session
- Cool Down & Debrief

Any questions, please email  
[ifrost.stockportharriers@gmail.com](mailto:ifrost.stockportharriers@gmail.com)

**About the Sessions:**

The session has been set up to create an environment where SHAC Athletes and Coaches can work, learn and develop together, regardless of which Group you coach or train in regularly.

Based on training for the 2017-18 Cross Country season and preparing Athletes for this, the sessions will be led by Senior Club Coach and former England Regional Endurance Mentor Dave Turnbull and National Coach Development Programme Mentees Mike and Pete Nixon but Coaches from all Groups with an interest in Cross Country are encouraged to come along, bring Athletes and get involved.

The sessions will also be supported by Team New Balance Manchester and Coach and former multiple winner of the National Cross, Steve Vernon, with Elite Athletes coming to support occasional sessions. If successful we will also look to deliver a programme of talks on supporting topics such as nutrition, recovery, preparing for competition, etc, with both Club and external speakers invited along.

As a Club we can all benefit from working closer together and we hope to see many Athletes and Coaches in attendance.

**Stockport Harriers**  
**SATURDAY ENDURANCE / XC**