



DISTANCE RUNNING CLINIC PROGRAM for B.O.P., July 21, 2018, Whakatane

9:30 to 11:30am

Venue : Te Teko Racecourse clubrooms

Cost : \$20

- 50 pages of notes, diagrams, sequence photos.
- Fundamental physiology explained simply
- Technique – running and steeplechase
- Muscle Fibres
- Periodisation & Program Construction
- Kids – training, games
- Masters Running

Presenters :

Jason Cameron – NZ World Cross Country rep, accomplished coach to NZ reps and national medallists

Kim Stevenson – USA Scholarship athlete and coach to international competitors for over thirty years. Inducted into Arkansas Hendrix College's hall of fame for his contribution to track and field, NZ World University Games rep

Kerry Hill – World Cup & Comm Games finalist, NZ & Singapore Director of Coaching, coach to Olympic and Commonwealth Games finalists, Head Coach at Olympics, Comm Games, etc.

Contact :

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