



All You Need To Know About Running

Endurance Sports Training is proud to offer you the opportunity to attend our running camp. Our goal for this weekend camp is to provide a wealth of running related knowledge, assessments, and advice that will allow you to improve your run training techniques, thus enhancing your running performance.

This camp will provide the information required to maximise your run training, while assisting you in staying injury free, and achieving your running goals. The camp has a strong education focus and is ideal for runners, and triathletes, of all levels, including those new to running.

Whether you are recovering from the Sydney marathon, want a hard training weekend, or just want to learn more about running, this training camp is ideal for you.

The running camp venue is set in the lovely Kangaroo Valley, with the camp based at a spectacular venue overlooking the valley.



Early Sign Up Bonus

The first three people to sign up to the training camp will receive one free month of coaching from Endurance Sports Training.

As an added incentive to get in early, everyone signing up and make payment prior to August 31, will receive a 10% discount, making the camp only \$297.

When: Saturday October 22 & Sunday October 23

Where: Kangaroo Valley, NSW (approximately 2 hours from both Sydney and Canberra)

Cost: \$330 (or \$297 if you sign up before August 31)

What does this include:

- Two full days of education, assessment, and sessions aimed at improving your running performance
- Feedback and recommendations based on your assessments
- Access to the latest information relating to run training, sports science, injury prevention, and recovery
- Lunch each day, and a post-run breakfast on Sunday
- A relaxing weekend at an amazing venue

Contact us if you have any questions, or require more information.

Phone: 02 6161 0810

Email: bwisbey@endurancetraining.com.au

Web: www.endurancetraining.com.au



This training camp is brought to you with the assistance of specialist staff from FitSense Australia and Clinic 88.





Running Camp Schedule

Saturday October 22nd

- 10:00** Arrival and Introduction
- 10:30** Presentation - Optimising Your Run Training
- 11:00** Core Stability Session - each participant will also be provided with a handout detailing a range of core stability exercises that they can take home and use on a regular basis.
- 12:00** Lunch - A mixture of sandwiches and fruit will be provided.
- 1:00** Presentation - Recovery, Maintenance, and Injury Prevention
- 1:40** Individual Assessment Session One - please choose one of the following.
- 1/ Individual musculoskeletal screening. A 20 minute assessment to determine areas of instability, poor flexibility, and insufficient strength. Highlights areas that could be improved to assist you in staying injury free.
- OR
- 2/ Training plan assessment. This is a 20 minute individual consultation with one of our coaches to discuss your training goals, training structure, and the best way of developing a training schedule that will suit your needs and help you maximise your training.
- 4:00** 45min running technique session – this will include a short run followed by a drills session with national hurdles champion, Brendan Cole.
- 5:00** General Discussion
- 7:00** Group Dinner – This will be at a local restaurant. Participants will be required to pay their own way. This is optional, but all participants (and their families) are encouraged to come along.



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Sunday October 23rd

- 7:30** Run - Unstructured long run in Moreton National Park - varied distances
- 9:00 - 10:00** Breakfast and general discussion (post run showers available at venue)
- 10:00** Presentation - Marathon Competition from an athletes point of view
- 10:30** Presentation - Using Sports Science to Improve your Running
- 11:00** Stretching Session - each participant will also be provided with a handout detailing a range of beneficial stretches that they can take with them to use on a daily basis.
- 11:45** Presentation – Self Massage Techniques – detailing the techniques used to administer self massage to assist in your day to day recovery
- 12:30** Individual Assessment Session Two - please choose one of the following.
- 1/ 30min massage from a specialist soft tissue therapist (lunch will be available while you are waiting)
- OR
- 2/ Gait analysis with videos supplied on CD, and recommended activities to improve your running technique. (Will begin at 1:30 after lunch.)
- 2:30** Presentation – Running Technique - Why is it important, and how do you improve it?
- 3:00** Question and Answer Session - ask the panel of experts any questions you may have regarding your running performance and training.
- 4:00** Conclusion and Departure

Who Are We?

Ben Wisbey - Running coach and Sports Scientist

Ben has 7 years experience as a sports scientist and coach. He currently works with a large number of athletes across a range of endurance sports including Olympians, professional athletes, age groupers, and beginners.

Brad Hiskins - Soft Tissue Therapist

Brad has worked as a Soft Tissue Therapist for the past 13 years of which the ten years have been at the Australian Institute of Sport. Brad has represented Australia at the last three Olympics as a soft tissue therapist.

James Barker - Running Coach, Soft Tissue Therapist, and Athlete

James is a soft tissue therapist who specialised in the treatment of running related injuries, and recovery. He has completed a 2:20 marathon, and currently provides training assistance to a group of Canberra based runners.

Brendan Cole - Exercise Physiologist, Soft Tissue Therapist and Athlete

Brendan is the reigning national 400m hurdles champion. He also works in the training, rehabilitation, and treatment of athletes.

Accommodation

In order to cater for individuals needs and accommodation preferences, your accommodation needs will be self-organised. This will allow you to pick something to suit your budget, as well as give you the chance to enjoy some quiet relaxation time if you so desire. For a large range of accommodation options visit www.kangaroovalleytourist.asn.au

We are also offering 4 people the opportunity to stay at the camp venue, which is the deluxe Skyfarm. If this is your preferred option, then please indicate when sending in your registration form. Unfortunately this accommodation is limited so will be offered on a first in, first served basis. Bedding is \$120 per night.

Endurance Sports Training Running Camp - October 22nd and 23rd Registration Form

For online registration go to www.endurancetraining.com.au

Name: _____

Address: _____

State: _____ Postcode: _____

Phone Contact: _____ Email: _____

Individual Assessment Session Choices

Session 1 - Saturday Musckuloskeletal Screening
 Training plan assessment

Session 2 - Sunday Massage
 Gait Analysis

Will you be attending the dinner on the Saturday night? Yes No

Would you like to stay at the venue? (only bedding for 4 is available on a first served basis at \$120 per night.)
 Yes No

Payment (see below for methods of payment)

Cheque Direct Deposit Credit Card

1/ Attach a cheque or money order made out to FitSense Australia, and send to the address below.

2/ Direct deposit payments made into the following account:

Account Name: Fitsense Australia

Bank: Westpac

BSB: 032778 Account No: 216212

3/ Credit Card - All credit card payments are done through Paymate. This is a safe method of making online credit card payment. To pay using credit card go to:

<https://www.paymate.com.au/PayMate/PaymateExpress>

You will be required to enter the email address of Fitsense Australia which is bwisbey@endurancetraining.com.au

Please complete this form and return to: FitSense Australia, PO Box 3264, Belconnen, ACT 2617

You will then receive a detailed running camp program in September.

Contact us if you have any questions, or require more information.

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