

# Strength & Conditioning Workshop (Free of Charge)

Led by Pete McKnight, S+C Coach for Leicestershire County Cricket Club

This workshop will focus on conditioning for developing club athletes and he will give helpful advice on how to carry out conditioning exercises whilst at track side or at home with limited or no equipment. Pete is an experienced Strength & Conditioning coach and has worked with athletes from club level to elite during his previous roles with UK Athletics and the English Institute of Sport.

The workshop is for any coach of any event and will most definitely benefit you as a coach and will ultimately benefit your athletes!

This workshop was actually held last year in the East Mids but due to high demand Pete is back to deliver this workshop again for those who didn't manage to get on last year – or for those who would like to attend and listen again!

**Weds 6th April, 7pm-9pm, Derby AC Club house, Moorways Stadium, Moor Lane, Allenton, Derby DE24 9HY**

For more information or to book on this workshop please contact Steve Moore, Club & Coach Support Officer, 07920078548 or [smoore@englandathletics.org](mailto:smoore@englandathletics.org)



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