

# Trail Running Coaching Weekend



TrainingBible Coaching is hosting a Trail Running weekend at Sandy Balls, on February 19th to 21st. If you want to improve your training, get a PB or stay injury free, this weekend training camp is perfect for you.

Based in the beautiful New Forest you will be running on quiet roads and off road trails, with TrainingBible coaches. They will share their expert knowledge and experiences to help you improve your form and run faster.

The weekend will focus on developing your speed through skills work, pacing strategies, nutritional advice and runner specific strength conditioning. We will also look at how to get the most out of your heart rate monitor or GPS device.

Runs we will be undertaking:

- Saturday's Running sessions: Drills and skills; Threshold run; Hills session.
- Sunday's Running sessions: Paced long run.

Everyone who attends will receive a sample training plan at the end of the camp, to show you how structured training sessions can help you achieve your goals.

The weekend is priced to give you great value - from £150 per person for 3 nights in shared self catering accommodation (single rooms available) or £60 for non residents.



**Sandy Balls, based in the beautiful New Forest**

**TRAININGBIBLE**  
**UNITED KINGDOM**

To book :

[www.trainingbible.co.uk/camps-clinics](http://www.trainingbible.co.uk/camps-clinics)

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