

Coach Education – Free Course

Level 3 endurance qualification pilot

UK Athletics (UKA) is piloting a revised version of the Level 3 coaching qualification and is looking for coaches already qualified at Level 2 endurance who are willing to take part in a pilot of the revised qualification at Loughborough University.

The course is completely free of charge and attendees will only have to cover their accommodation and travels costs. Dates of the course are:

February 17/18

March 17/18

March 31/ April 1

April 28/29

Coaches **must** be available to attend 9 – 5 on all dates in order to confirm a place on the course.

The course is a fast track programme, which will provide UKA with the opportunity to use your feedback to review and shape the course material.

Course content:

- Personal and Coaching Skills
- Athlete Development
- Planning
- Technical Development
- Coaching Environment
- Development of Speed, Strength, Power and Endurance
- Technical Event Specific – Endurance

Please register your interest for the course with Russell Hurley at UKA by email rhurley@ukathletics.org.uk by 5pm on Monday 5 February. Please mark email as Level 3 Endurance Pilot.

On successful completion of the course and its associated assessment coaches will achieve a L3 endurance qualification.