



Tonbridge Athletic Club Junior Endurance Camp

13th April 2024 Tonbridge School

9 AM – 5 PM

A day of training and learning about endurance running.
Open to TAC members between 15 and 18

Includes visits from a specialist running physio and nutritionist

The day will include

- Track Session
- Movement Seminar
- Practical Sports hall session
- Nutrition Seminar

To help cover costs we are asking athletes to contribute £30. Spaces are limited and will be first come first served.

To book your place please email Michael: na1manager@tonbridgeac.org.uk

Payment:

Tonbridge Athletic Club
Sort Code 20-88-13
Account Number 63083675
Reference Endurance Camp

Matt Bergin



Matt is a former Irish International athlete and renowned physio. Matt specialises in diagnostics and compensatory mechanisms, strength, and flexibility issues.

Matt will deliver a 1 hour seminar on movement screening and injury assessment. "When do I need to have a rest?" This will be followed by a 45 minute practical session looking at functional strength and mobility. Athletes will leave with an improved understanding of how their whole body works in tangent.

Katie Allen



Katie is a Registered Associate Nutritionist (ANutr) and Sport & Exercise Nutritionist (SEnr). Katie has worked with a variety of athletes to help form healthy habits, particularly understanding the busy lives and juggling eating around work/school and training.

Katie will deliver an introductory seminar on nutrition for athletes and highlight how getting fluid and nutrition right on race day can lead to a happy, healthy performance.

Michael Ellis



Michael is the coaching coordinator at TAC and will be the lead organiser for the day. Michael has been running with TAC for 12 years. Michael has an MSc in Sports Engineering and he is TACs resident shoe guru.

Michael will help coordinate the track session in the morning and deliver a practical session on gait analysis resulting in a kinogram for each athlete.