

Marathon Clinic Course Content - Half Marathon Class

Suitable for First time or Experienced Standard Chartered Hong Kong Marathon Half Marathon Runners

Date	Venue	Course Introduction	Time
31 August 2019 (Saturday)	Jockey Club Lecture Theatre, Olympic House	Introductory Class 1) Introduction of the clinic 2) Introduction of the on-line training log system 3) Overview the benefits of distance running 4) Explanation on the components of physical fitness measurement 5) Training methods and key for injury prevention	09:00am – 12:00noon
7 September 2019 (Saturday)	Tseung Kwan O Sports Ground	Pre-Training Fitness Assessment (Field Testing including cardiovascular fitness, running based aerobic fitness test, muscular performance, core stability, body composition and flexibility)	11:00am – 1:00pm
8 September 2019 (Sunday)		Practical Training 1 Group training and main concept 1: Theory of All in Joy – Group training, breathing pattern in running and relationship of stride length and frequency	1:00pm – 3:00pm
6 October 2019 (Sunday)	Sham Shui Po Sports Ground	Practical Training 2 Group training and main concept 2: Difference of proper warm up, cool down and stretching before and after training	
19 October 2019 (Saturday)	Jockey Club Lecture Theatre, Olympic House	Prevention on running injury Workshop 1) Normal running injuries and symptoms 2) Running injuries mechanisms 3) Sports tape theories and applications 4) Correct way in sports taping and case studies	09:00am – 12:00noon
17 November 2019 (Sunday)	Wan Chai Sports Ground	Practical Training 3 Group training and main concept 3: Basic of running and the correct running techniques	1:00pm – 3:00pm
23 November 2019 (Saturday)		Practical Training 4 Group training and main concept 4: Keys to monitor your progress and core training	
30 November 2019 (Saturday)		Practical Training 5 Group training and main concept 5: 7 minutes high intensity workout	
8 December 2019 (Sunday)	To Be Announced	Test Run Hong Kong Island 10K City Race	To Be Announced
12 January 2020 (Sunday)	Wan Chai Sports Ground	Practical Training 6 Group training and main concept 6: Pacing strategies	1:00pm – 3:00pm
8 January 2020 (Saturday)		Practical Training 7 Group training and main concept 7: Nutrition and supplements, tapering and preparation for the competition	