

# Marathon Clinic Course Content – Advanced Course

Suitable for runners with experience in long-distance running training and competition

Date	Venue	Course Introduction	Time
7 September 2024 (Saturday)	Lecture Theatre, Hong Kong Sports Institute	<b>Introductory Class</b> 1) Introduction of the clinic 2) Basic principles of training 3) Essentials of training cycles 4) Difference between static and dynamic warm-up 5) Posture and the basic skills of running 6) Physiology of distance running	9:00am – 12:00pm
8 September 2024 (Sunday)	Wan Chai Sports Ground	<b>Pre-Training Fitness Assessment</b> Critical speed Test Maximum Oxygen Consumption assessment and Core Muscle Test	
15 September 2024 (Sunday)	Sham Shui Po Sports Ground	<b>Practical Training 1</b> Proper warm up, cool down and stretching Dynamic Drill and the basic of running	
19 October 2024 (Saturday)	Tseung Kwan O Sports Ground	<b>Practical Training 2</b> Muscle and core strength training, rebound jump training Fartlek Training	
27 October 2024 (Sunday)	Sham Shui Po Sports Ground	<b>Practical Training 3</b> Marathon Pace Training 7 minutes high intensity training	
2 November 2024 (Saturday)	Jockey Club Lecture Theatre, Olympic House	<b>Prevention on running injury Workshop</b> 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	
17 November 2024 (Sunday)	To Be Confirmed	<b>Trial Race</b> Hong Kong International 10K	To Be Confirmed
30 November 2024 (Saturday)	Tseung Kwan O Sports Ground	<b>Practical Training 4</b> Critical Speed Training	9:00am – 12:00pm
22 December 2024 (Sunday)		<b>Practical Training 5</b> D' Training (Interval Run) (I)	
29 December 2024 (Sunday)		<b>Practical Training 6</b> Marathon Pace & Interval Run (I)	
12 January 2025 (Sunday)	Wan Chai Sports Ground	<b>Practical Training 7</b> Marathon Pace & Interval Run (II)	
19 January 2025 (Sunday)		<b>Practical Training 8</b> Pacing strategies How to monitor your progress and keys for progression	
26 January 2025 (Sunday)		<b>Practical Training 9</b> Tapering	