

Marathon Clinic Course Content – Beginner Course

Suitable for first time long-distance running training or beginner runners

Date	Venue	Course Introduction	Time
7 September 2024 (Saturday)	Lecture Theatre, Hong Kong Sports Institute	Introductory Class 1) Introduction of the clinic 2) Introduction of the arrangement of personal training 3) Overview the benefits of distance running 4) Explanation on the components of physical fitness measurement 5) Training methods and key for injury prevention	1:00pm – 4:00pm
8 September 2024 (Sunday)	Wan Chai Sports Ground	Pre-Training Fitness Assessment Fitness Assessment	1:00pm – 3:00pm
15 September 2024 (Sunday)	Sham Shui Po Sports Ground	Practical Training 1 Theory of All in Joy -Group training, breathing pattern in running and relationship of stride length and frequency	
19 October 2024 (Saturday)	Tseung Kwan O Sports Ground	Practical Training 2 Difference of proper warm up, cool down and stretching before and after training	
27 October 2024 (Sunday)	Sham Shui Po Sports Ground	Practical Training 3 Basic skills of running and the correct running techniques	
2 November 2024 (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	1:00pm – 4:00pm
17 November 2024 (Sunday)	To Be Confirmed	Trial Race Hong Kong International 10K	To Be Confirmed
30 November 2024 (Saturday)	Tseung Kwan O Sports Ground	Practical Training 4 Keys to monitor your progress and core training	1:00pm – 3:00pm
22 December 2024 (Sunday)		Practical Training 5 7 minutes high intensity training	
29 December 2024 (Sunday)		Practical Training 6 Interval Run	
12 January 2025 (Sunday)	Wan Chai Sports Ground	Practical Training 7 Tempo Run	
19 January 2025 (Sunday)		Practical Training 8 Pacing strategies How to monitor your progress and keys for progression	
26 January 2025 (Sunday)		Practical Training 9 Tapering	