

Marathon Clinic Course Content - Half Marathon Class

Suitable for progression of 10K runners or experienced Half Marathon runners

Date	Venue	Course Introduction	Time
22 September 2018 (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	9:00am – 11:00am
29 September 2018 (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
1 October 2018 (Monday)	Sha Tin Sports Ground	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
17 November 2018 (Saturday)	Tseung Kwan O Sports Ground	Practical Training 2 Group training and main concept 2: Difference of proper warm up, cool down and stretching before and after training	
24 November 2018 (Saturday)	Wan Chai Sports Ground	Practical Training 3 Group training and main concept 3: Basic of running and the correct running techniques	
8 December 2018 (Saturday)	Wan Chai Sports Ground	Practical Training 4 Group training and main concept 4: Keys to monitor your progress and core training	1:00pm – 3:00pm
9 December 2018 (Sunday)	To Be Announced	Test Run Island Hong Kong 10K Race	To Be Announced
22 December 2018 (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	9:00am – 11:00am
5 January 2019 (Saturday)	Tseung Kwan O Sports Ground	Practical Training 5 Group training and main concept 5: 7 minutes high intensity workout	1:00pm – 3:00pm
19 January 2019 (Saturday)	Wan Chai Sports Ground	Practical Training 6 Group training and main concept 6: Pacing strategies	