

# 2018 Hurdles Coaches' Forums

Sun 23 Sept at Avantidrome, 15 Hanlin Rd, Cambridge

Sun 14 Oct at Papanui School, Christchurch

9.45am	Coaches arrive	
10.00am	<b>Greeting; overview; plan for hurdle events this season; and "What's on your mind?"</b> (Joe Hunter)	
10.30am	<b>Developing special endurance and speed reserve for 400m hurdles</b> (Facilitator: Cambridge, Chris Bullen / Christchurch, Jonathan Black)	
	10 min + 5 min discussion as above	Presentation 1 (Brent Booker / Andrew MacLennan)
	as above	Presentation 2 ( TBC / Sam Mclean)
	as above	Presentation 3 (Rochelle Coster / Mike Guest)
	as above	Presentation 4 (Criss Strange / Brent Ward)
Ends 12.15pm	45 min	Open discussion for all coaches
12.15 - 1.00pm	45min	Lunch
1.00pm	<b>Fueling, energy, and periodisation of body composition when training for multiple peaks</b> (Facilitator: Emily Nolan)	
	30 min	Presentation (Jeni Pearce)
Ends 2.15pm	45 min	Open discussion for all coaches
2.00 - 2.15pm	15 min	Break
2.15pm	<b>The new IAAF qualification system and its implications</b> (Facilitator: Emily Nolan)	
	15 min	Presentation of the rules and Athletics NZ intentions (Emily Nolan)
	15 min	Presentation on two case studies (Brent Booker)
3.15pm	30 min	Open discussion for all coaches
3.15 - 3.45pm	30min	Break
3.45pm	<b>Bits and pieces</b> (Facilitator: Joe Hunter)	
	15 min	Planning for the season for our top hurdlers
	30 min	Planning for Northern Hemisphere Tours
	15 min	Proposal for Knowledge-swap groups
5pm	15 min	What's on your mind?
5.00pm - 5.30pm	Grab some pizza before your trip home	

OR... 2.15 - 4.15pm: **Coaching hurdling technique to intermediate- level hurdlers** (Led by Mike Guest)