



**TRACK AND FIELD / ROAD RUNNING CROSS COUNTRY**

**Distance Clinic**  
**Saturday, September 26, 2009**  
**9:00 am – 4:00 pm**  
**University of Manitoba**  
**with**  
**Wynn Gmitroski**

Athletics Manitoba is pleased to present a one day coaches/parents clinic focusing on middle distance/distance training. This is an interactive clinic with opportunity to dialogue with one of Canada's top middle distance/distance coaches. Wynn's 28 years of coaching has taken him to four Olympic Games, twelve World Championships and five Commonwealth Games. He has coached most of Canada's top middle distance runners over the past 15 years, including Angela Chalmers (1992 Olympic 3000m Bronze Medalist), Diane Cummins (Canadian Record Holder and 2001 800m World Championships finalist) and Gary Reed (Canadian Record Holder and 2007 World Championships 800m Silver Medalist) In addition to his coaching he does sport/fitness consulting and is a physiotherapist in Victoria.

**The \$50.00 registration includes lunch.**

We are looking for your input as to what topics would be most beneficial to your program. Some of the topics that could be discussed include:

- Long Term Athlete Development – how do we design programs that progress athletes at appropriate rates?**
- How do you know what is the appropriate distance for an athlete?**
- What is a good seasonal plan?**
- What is a good yearly plan?**
- How do we prepare a high school athlete to the next level?**
- How do you design a program when you only have hallways and a gym to train in?**
- How many times should you get athletes to train on a track?**
- Volume – How many days per week, how much mileage?**
- Does your program need hard/medium/easy weeks?**
- What cross training should be included in a program?**
- How difficult is it to train and compete for three seasons?**
- How to design an outdoor program when we often only get outside by mid May?**
- What identifiers are necessary to know that an athlete should move up to a longer racing distance and training program?**
- How important is flexibility training?**
- How do you design a program for a large amount of athletes – train together? Separate according to gender? Separate according to ability?**
- How to introduce mental preparation for competition and when? How do we help young athletes set healthy goals?**
- How do you prepare athletes for several races through a meet – warming up, strategies between races, hydration and nutrition?**
- Do you want young athletes racing for personal bests at all times?**
- How do you teach tactical running? What strategies do you emphasize?**
- How does an athlete come back after injury – do you start from base again?**
- How do you integrate strength and core training and when is it appropriate to introduce weights?**

Please list other topics you wish to be discussed on your registration form and submit by August 31<sup>st</sup>. If you have any questions please contact Rob Guy, Managing Director, at 925-5745



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**Registration Form  
Please Print**

**Name:** \_\_\_\_\_

**Mailing Address:** \_\_\_\_\_

**City/Town:** \_\_\_\_\_ **Postal Code:** \_\_\_\_\_

**Phone Number:** \_\_\_\_\_ **Cell:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Club or School Affiliation:** \_\_\_\_\_

**Topics you would like discussed:**

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Payment can be made by cheque, cash  
or online by Visa/Mastercard at [www.athleticsmanitoba.com](http://www.athleticsmanitoba.com)