

Endurance Pathways: Planning for Success

An outstanding panel of speakers will discuss contemporary endurance training theory and practice from a range of perspectives. This conference aims to analyze and debate various endurance training systems, programs and approaches to help coaches better understand how to plan and develop successful endurance performances.

December 9 - 11, 2011

The Westin Wall Centre, Vancouver Airport*

3099 Corvette Way, Richmond, BC V6X 4K3

Register online at: www.athleticscoaching.ca

Early Bird Price is \$180 until September 30th, 2011, (Regular Price is \$200)
Includes lunch on Saturday, a free book from Human Kinetics and a 25% discount off future purchases.

* Conference rate (\$115/night; single or double) available at the Westin Wall Centre, Vancouver Airport.
See hotel link on our site at: www.athleticscoaching.ca

Featured Speakers

Alberto Salazar

Alberto Salazar is the Head Coach of the Nike Oregon Project in Portland, Oregon. Formerly the world-record holder in the Marathon, Salazar is known for his innovative and cutting-edge approach to athlete development. Focused on producing Olympic-caliber athletes, Salazar's current list of runners includes Galen Rupp, Kara Goucher, Mo Farah, Amy Yoder Begley, and Dathan Ritzenhein.

Margo Jennings

Margo Jennings's 30 year coaching career saw her bring two athletes to the pinnacle of success. At the 2000 Sydney Olympics Maria Mutola won Gold in the 800m and in 2004 at the Athens Olympics Kelly Holmes won Gold in the 800m and 1500m. Currently retired from coaching, Jennings continues to mentor and advise athletes and coaches in the UK, Australia, Mozambique, New Zealand and the USA.

James Li

James Li is the Head Coach of Cross Country and Associate Head Coach of Track and Field at the University of Arizona. He has coached multiple NCAA Champions and All-Americans. He currently coaches Bernard Lagat, arguably the United States' greatest ever distance runner. Li has earned numerous coaching awards and speaks frequently at coaching clinics across the world.

Other presenters include:

Canadian National Program Coaches

- Wynn Gmitroski
- Brent Fougner
- Dave Scott-Thomas

Sport Scientists and Coaches from North America

Sponsored by:



The Canadian Athletics
Coaching Centre

a world leader in coach education



THE 2011 CANADIAN NATIONAL ENDURANCE CONFERENCE SCHEDULE

FRIDAY, December 9, 2011

Time	Presenter	Topic
17:50-18:00	Jim Denison & Rob Guy	Conference Welcome
18:00-18:50	James Li	Annual 1500m Program Design
19:00-19:50	Alberto Salazar	Annual 5000m Program Design

SATURDAY, December 10, 2011

Time	Presenter	Topic
9:00-9:50	Margo Jennings	Integration of Physical and Emotional Training Elements
10:00-10:50	James Li	Bernard Lagat Career Development
	Wynn Gmitroski	Annual 800m Program Design
BREAK 10:50-11:10		
11:10-12:00	Darren Treasure	Coach-Athlete Communication
	Wynn Gmitroski & Brent Fougner	Canadian Endurance Program Development
LUNCH 12:00-13:00		
13:00-13:50	Wynn Gmitroski	Gary Reed Career Development
	Alberto Salazar	Galen Rupp Career Development
14:00-14:50	Dave Scott-Thomas	Hillary Stellingwerff Career Development
	Jay Johnson	Strength & Conditioning for Endurance Performance
BREAK 14:50-15:10		
15:10-16:00	Wynn Gmitroski	Integration of Functional Screening
	Margo Jennings	Maria Mutola Career Development
16:10-17:00	Peter Thompson	New Interval Training for the Endurance Events
	Keith Butler	Development of High School Endurance Runners

SUNDAY, December 11, 2011

Time	Presenter	Topic
9:00-9:50	Alberto Salazar	Annual Road Racing and Marathon Program Design
	Dave Scott-Thomas	Creating a Positive Team Culture
10:00-11:30	Panel: All Presenters	Open Discussion
11:30-11:45	Jim Denison & Rob Guy	Conference Closing



The Canadian Athletics
Coaching Centre

a world leader in coach education

SIGN UP to become a CACC member at:
www.athleticscoaching.ca