

Spring Marathon Seminar



7:30-7:40	Welcome and Introductions	Jeni Vlahovic	Serpentine RC Committee member for Communications, and 3:43 marathoner
7:40-7:55	Tales from the Finish Line	Jules Cameron -Doe	Took 27 mins off her pb to become 3:49 marathoner, Florence 2005
7:55-8:10	Getting More out of Less	Andy Reeves	2:41 debut marathoner, FLM 2005
8:10-8:30	Becoming your own coach	Karen Hancock	Endurance coach and W45 winner, FLM 2005, in 3:07
8:30-8:50	Sports Psychology for marathon running	Sarah Edmunds	Lecturer in Sports Psychology and 3:20 marathoner, FLM 2005
8:50-9:10	Core Strength, Strength and flexibility	Jasyn Savage	Coach, personal trainer, 1:26 ½ marathoner and provincial rep in Cross-Country and Body-building, SA
9:10-9:30	Q&A Panel Discussion		