

Masterclass

Speed

1 – Don Quarrie: Planning to achieve peak performance

One can safely say Don Quarrie is a legend within our sport. Not only an Olympic champion and successful coach to Olympic champions, he is also a great ambassador for the sport and for his nation. He coached numerous athletes to World and Olympic medals such as Grace Jackson, Bert Cameron and Coby Miller. This presentation will focus upon the complex and difficult area for any coach: how to prepare an athlete to achieve peak performance at the key moment of the season.

2 – Clyde Hart: How to prepare an athlete for the demands of the 400m

Clyde Hart is one of the most successful coaches of 400m in the world. He has coached Michael Johnson (World record holder and Olympic champion), Jeremy Wariner (Olympic Champion) and Sanya Richard (World Champion). This is a rare opportunity to listen to Clyde and discover how he prepares his athletes for the demands of the 400m.

1 – Don Quarrie:
Saturday 11
February 2012

Sheffield

Mercure Sheffield St Paul's
Hotel and Spa
119 Norfolk Street, S1 2JE
09:00–11:00

2 – Clyde Hart:
Saturday 18
February 2012

Birmingham

Birmingham Marriott Hotel
12 Hagley Road, B16 8SJ
09:15–12:15

To book please contact
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