



St Mary's  
University  
Twickenham  
London

# Mastering the Marathon with Mara

A one-day workshop on training  
and preparing for the marathon

Mara Yamauchi, two-time Olympian and GB's second fastest female marathon runner ever, will host a one-day masterclass on training and preparing for the marathon.

In association with the Endurance Performance and Coaching Centre (EPACC) and supported by Performance Coach Mick Woods, the day will include a running, and strength & conditioning session as well as covering:

- ▶ marathon training
- ▶ nutrition and hydration
- ▶ race preparation
- ▶ strength and conditioning
- ▶ injury prevention
- ▶ rest and recovery

## One-day workshop dates:

- ▶ Saturday 5th September 2015
- ▶ Saturday 10th October 2015

The same workshop will run on both dates.

**Time:** 9.15am to 5.30pm  
**Cost:** £80 (including lunch)  
**Venue:** St Mary's University  
Waldegrave Road  
Strawberry Hill  
Twickenham TW1 4SX

## To register or for enquiries:

**Email** [epacc@stmarys.ac.uk](mailto:epacc@stmarys.ac.uk)  
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