

Mountain Running Seminar

Sapareva Banya, Bulgaria

24-25 April 2009

Draft Programme

Thursday 23 April	Arrivals Sofia Transfer to Sapareva Banya	during the day
	Welcome Dinner hosted by the Mayor of Sapareva Banya	19:00 – 21:00
Friday 24 April Seminar Day One	Lectures (morning session)	09:00 – 12:30
	Lunch break	13:00 – 14:00
	Lectures (afternoon session)	14:30 – 18:00
	Dinner	18:00 – 20:00
Saturday 25 April Seminar Day Two	Lectures (morning session)	09:00 – 12:30
	Lunch break	13:00 – 14:00
	Press conference	15:00 – 15:30
	Departures Sapareva Banya (according to travel itineraries) Transfer to Sofia	afternoon
Sunday 26 April	Departures Transfer to Sofia	a.m.

Agenda of the Seminar

Day one

- 1 Welcome and aims of the seminar
- 2 The history of mountain running
- 3 Origin and development of WMRA 'The first 25 years'
- 4 A definition of Mountain Running (vs cross country etc)
- 5 Organising a mountain race.(safety etc)
- 6 Designing a mountain running course
- 7 Rules governing international competition
- 8 Developing a national mountain running branch of athletics
- 9 Mountain running and the IAAF member
- 10 International mountain running calendar
- 11 Marketing and promotion

Day two

- 1 Technical aspects of mountain running
- 2 Coaching implications for mountain runners
- 3 Training for mountain running: a) Men b) Women
- 4 Environmental impact (Altitude, Weather)
- 5 Equipment (shoes etc)
- 6 Medical