



Run. Coed y Brenin Trail School – Introduction to Trail Running

Are you a trail running newbie? A road runner looking to get into trail running, a cyclist looking for a cross-over sport that will improve fitness and general strength or just looking to improve your health and well-being by getting out and running on trails? Well, this course could be exactly what you need!

Using the new visitor centre in Coed y Brenin as a base, the one-day **Introduction to Trail Running** event is a practical course that will cover the basics-in-a-day and give you the skills to go out and develop your knowledge and ability on the trails.

The format of the day will be indoors and outdoors, we will include all materials and include an 8km trail run, where will stop and look at improving your ascending and descending ability! (*Runners should be prepared for this run and bring appropriate clothing for the weather forecast*)

Based in the Coed y Brenin classroom, with refreshments available, we'll get comfortable and talk about the basics of trail running, environment, products, your levels of ability and impart our knowledge and experience to move you to the next level.

What we'll cover:

- What is trail running?
- Types of trail, terrain and surfaces
- Shoes and gear
- Safety on the trails and trail etiquette
- Form and effects of trail running on the body
- Trail running technique whilst out on the trails
- Assessing your fitness and creating a goal!



Conducting the course will be **Matt Ward**

Matt is the owner of Run. Coed y Brenin. In over 35 years Matt's running has taken him across the world. From running the dusty trails of Marin San Francisco, the heat of the high Alps, the diversity of the Rio de Janeiro coastline or the mountains and forests of his home in Snowdonia, he has experienced much of what the world of trail running has to offer.

Competitively Matt has also represented Wales at junior and masters levels, and continues to be involved in the sport at various levels whether in event organisation (Trail Marathon Wales) or administration as the secretary of the Welsh Athletics Trail Running Committee.

Matt will be assisted in administering the course on the day by other highly experienced trail runners.

Cost

The one-day Introduction to Trail Running course will cost **£25** (plus booking fee) per delegate and will include tea and coffee on arrival, the hire/use of Salomon trail running footwear where needed, and a light lunch.

Numbers

The event will be limited to 30 delegates.