



Totlely Athletic Club – Committee roles

Training co-ordinator role

- To provide overall co-ordination of the training regime to ensure all runners have the opportunity to maximise their abilities.
- Seek to ensure there are sufficient competent leaders to lead training groups.
- To liaise with and complement the Thursday improver group.
- To keep informed of basic training requirements for fell and road runners.
- Attend committee meetings on a monthly basis and the AGM.
- To plan running training programmes and advise/support running leaders.
 - To update training leaders on emerging training/exercise developments.
 - Collate with others a library of standard routes for use by training leaders and members.

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