

THE EUROPEAN ATHLETICS  
COACHING SUMMIT SERIES  
COMES TO FINLAND!

# THE YOUNG DISTANCE-RUNNER CONFERENCE

## 27–29 November 2009, Pajulahti



What does it take to be a champion these days in the endurance events? From **27.–29. November 2009**, the **Pajulahti Sports Institute in Finland** will be the focus of the search for answers to this and other questions posed by middle and long distance coaches and athletes around the world when it stages the Young Distance Runner Conference. A member of the European Athletics Coaching

Summit Series, this conference will be the year's best opportunity to meet experts and colleagues from around the world to exchange ideas and experiences. It will also be your chance to experience a warm Finnish welcome and soak up a little of the country's unique heritage in the distance events. If you are serious about the distance events, this is the one conference you can't afford to miss.

### PRELIMINARY PROGRAMME

Note: The conference language will be English

#### Friday 27th November Arrival

Finland's distance running development programme  
Welcome Dinner

#### Saturday 28th November Main Themes:

- Young athlete training systems in different European countries
- Practical demonstration
- The training model for talented young runners
- KIHU (Research Institute for Olympic Sport)/ Finland's endurance research centre
- Training methods of succeed female runners from youth to adulthood

#### Sunday 29th November Workshops:

- Training methods of successful male runners from youth to adulthood

Departures

#### Monday 30th November Departures

For the latest programme and speaker details, please check [www.pajulahti.com](http://www.pajulahti.com)

**TRAVEL** The nearest airport is Helsinki (110km). Bus or taxi transport from/to the airport will be organised. There is also a train connection from Helsinki to Lahti.

### CONFERENCE FEE

- Registrations by 30th June 2009 – **280 euros**, after 1 July – **330 euros**
- The price includes accommodation in double rooms for two days, meals, the conference programme and materials
- Single room accommodation is available for an additional 28 euros/day
- The accommodation and breakfast price for an extra day (e.g. Sun – Mon) is 50 euros/day/person in double rooms
- The Conference fee will be invoiced in advance
- Members of the European Athletics Coaches Association will receive a 10% discount on the conference fees

### FURTHER INFORMATION AND REGISTRATION

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