



Merseyside
Athletics Network



Introduction to Nutrition for Power Athletes

No matter how old the athlete, nutrition is a key element to successful training and performances. This workshop is delivered by Emma Gardner, a Sports Scientist who works for Lucozade Sport and aims to educate you in the basics of sports nutrition from what to eat when training, what to eat for competitions and how a good nutrition plan can aid an athlete throughout their training years.

Monday 7th November 2011

7:00pm @ Edgehill University

**(W4 for you which is on the first floor of the
Wilson Centre, Sporting Edge)**

To book your place on this workshop-

Email Vicky Huyton

(Merseyside Athletics Network
Coordinator) on

vicky.huyton@sportcheshire.org

