

ARTEMIS INSPIRATION SERIES

**HARROGATE SWIMMING CLUB &
ABSOLUTE NUTRITION PRESENT**

NUTRITION FOR SWIMMERS

DATE

Sunday
18th September 2016

VENUE

Holiday Inn, King's Road,
Harrogate, HG1 1XX

TIMINGS

4:00pm - 5:00pm (Talent Pathway)
Focus on pre and post training nutrition and ideas for competition.

5:15pm - 6:15pm (Performance Pathway)
Deals with the challenges associated with a more intensive training routine,
early mornings, double sessions, periodisation and competitions.

6:30pm - 7:30pm (Workshop)
Targeted at swimmers aged 13 and over (Either Pathway)

PLEASE SIGN UP on the club noticeboard
using the name of the swimmer and numbers attending.

FREE PARKING AT HOLIDAY INN IN SECURE UNDERGROUND CAR PARK



