

March 2020

STAY SAFE* KEEP STRONG * STAY MOTIVATED

Latest news always appears at www.brightonandhoveac.com and on Twitter @BrightonAthlete

It is hard to know what to write in this newsletter with the amount of uncertainty there currently is in the world, and not knowing when we will all be able to see and train with each other again. I thought long and hard about what could go in a newsletter in these circumstances. The main focus for us all has changed, but within the confines of the current situation of social distancing I think there are many things we can still do to stay active and healthy in body and mind, so I have pulled together some resources that might help us do that. Please use the Clubs social media channels – Facebook and Twitter to let us all know what you've been up to, particularly if it might help the inspire others.

Some great resources

Athletics news and Corona virus advice

Sussex Athletics website and Twitter. All Sussex events cancelled till 30th June
<https://www.sussexathletics.net/news/important-message-from-sussex-aa/>

Expert Advice Corona Virus guide for athletes from Athletics Weekly
<https://www.athleticsweekly.com/performance/expert-advice-coronavirus-guide-for-athletes-1039929061/>

Social distancing advice when exercising

https://www.runnersworld.com/runners-stories/a32006870/social-distancing-while-running-coronavirus/?source=nl&utm_source=nl_rnw&utm_medium=email&date=040320&utm_campaign=nl19890230

England Athletics free resources and offers

Activities for children

https://www.englandathletics.org/about-us/athletics-at-home/supporting-11-year-olds-to-keep-active/?utm_source=emailmarketing&utm_medium=email&utm_campaign=athletics_and

[running for everyone home edition 2&utm_content=2020-04-02](#)

Mental health advice https://www.englandathletics.org/about-us/athletics-at-home/supporting-mental-health/?utm_source=emailmarketing&utm_medium=email&utm_campaign=athletics_and_running_for_everyone_home_edition_2&utm_content=2020-04-02

Offer on Strava https://promo.strava.com/england-athletics/?utm_source=emailmarketing&utm_medium=email&utm_campaign=athletics_and_running_for_everyone_home_edition_2&utm_content=2020-04-02

Strava Summit

Affiliated athletes can access a **free three month trial of the Strava Summit app** thanks to our friends at Strava. Just because you have to run on your own doesn't mean you have to run alone - you can still connect digitally with a like-minded running community whilst staying active and tracking your fitness goals.

[Click here to access the free trial](#)



Learning

Coaching course resources <https://www.athleticshub.co.uk>

Run Brighton interviews <https://www.runbrighton.com/stories-and-interviews/>

Open University free coaching course <https://www.open.edu/openlearn/health-sports-psychology/exploring-sport-coaching-and-psychology/content-section-overview?active-tab=description-tab>

Improving aerobic fitness <https://www.open.edu/openlearn/health-sports-psychology/improving-aerobic-fitness/content-section-0?active-tab=description-tab>

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The official British Athletics quiz <https://www.gzzr.com/c/quiz/476187/the-british-athletics-quiz>

Videos and online workouts

The Running Channel- Home workouts for runners
<https://www.youtube.com/watch?v=dSEobUGK7U4>

Bodyweight training Athletics at Home videos <https://www.britishathletics.org.uk/news-and-features/athletics-at-home/>

Alexander Riley's English Schools video <https://www.youtube.com/watch?v=yBY4NKRbHl0>

Use Facebook and Twitter to share your favourite workouts and we can add them to the next newsletter



Please send any updates or things you have been doing to keep yourself active for the next newsletter to:

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