

## **Workshop - "Faster & Fitter for Gaelic Games"**

Monday, 06 February 2017 16:20

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Meath GAA are running an upcoming workshop "Faster & Fitter For Gaelic Games" this coming Saturday at 10am in Dunganny. (Registration from 9:20am). This workshop is open to all Coaches in the County (Football & Hurling) and will cover important topics such as Endurance Training, Speed Development & Nutrition for Performance. Entry €5 per person.

To book a place enter the below address into your web browser:

<https://www.eventbrite.ie/e/faster-fitter-for-gaelic-games-tickets-31411381287>