



香港教育大學
The Education University
of Hong Kong



Department of
Health and
Physical Education

MARATHON WORKSHOP & TRAINING PROGRAMME

馬拉松備戰工作坊及訓練

**Three Tunnels, Three Bridges: Race-Course Demands Analysis
and Practical Strength & Conditioning Strategies**

「三隧三橋」：賽道需求分析與 S&C 實戰策略

Date: 10 November 2026 (Tuesday)

Time: 7:00 - 9:00 pm

Speaker: Dr. Chow Chi-ching, Gary

Venue: D2-LP-04

Language: Cantonese



DR. CHOW CHI-CHING, GARY
ASSOCIATE PROFESSOR, HPE



DR. LOUIE HUNG-TAK, LOBO, MH
SENIOR LECTURER, HPE

Scientific Recovery and Mental Preparation
科學化恢復及心理備戰

Date: 20 November 2026 (Friday)

Time: 7:00 - 9:00 pm

Speaker: Dr. Louie Hung-tak, Lobo, MH

Venue: B4-LP-03

Language: Cantonese

Marathon Training Programme

Date: 23 November – 10 December 2026
(Every Monday and Thursday)

Time: 7:00 - 9:00 pm

Coach: Mr. Yau Ka-man

(Captain of EdUHK Cross-country Team)

Venue: Block A to Block E, Tai Po Campus

Language: Cantonese



Registration

Enquiry: Mr. Karl Man
Tel: 2948 8731



MR. YAU KA-MAN