

2017/18 Winter training programme. Please check with the relevant coaches for the start date of the indoor training sessions. Otherwise if no start date is given, the session is running now. The programme continues until April 2018.

Day & Time	Type of session	Age Group	Venue	Other Information
Monday 6.00 pm to 7.00 pm	Sprints training	Under 13's and above	Track at London Road Sports Centre (outdoors)	Contact Ian Allport 017432419090
Monday 6.00 pm to 7.00 pm	Middle distance and cross country training	Under 11's and Under 13's + some U15's	Track at London Road Sports Centre (outdoors)	Contact Geraldine Bush 07742719631 + some weekend training sessions for those interested in cross country.
Monday 6.00 pm to 7.00 pm	Sprints training for hurdlers.	Under 13's and above	Track at London Road Sports Centre (outdoors)	Contact: Arnie Wray 01743 356969 or 07910364479.
Monday 6.00 pm to 7.00 pm	UKA Athletics 365 programme.	Under 13's	Track at London Road Sports Centre	Coach: Andy Lewis 07943391110
Monday 6.30 pm to 8.00 pm	Long, triple jumpers and sprinters. Strength endurance and conditioning.	Under 15's and above	Track at London Road Sports Centre (outdoors)	Contact: Pat Higgins 07800541865
Monday 7.00 pm to 8.00 pm	Sprints training for hurdlers, high jumpers and long jumpers	Under 15's and above	Track at London Road Sports Centre (outdoors)	Contact: Arnie Wray 01743 356969 or 07910364479.
Monday 7.00 pm to 8.00 pm	General fitness work including circuit training and Sportshall.	Under 11's Roman Road	Roman Road Sports Centre, Longden Road. (indoors)	Contact: Kathy Wray 01743 356969 or Ian Baggley 01939 210520
Monday 7.00 pm to 8.00 pm	Discus and hammer.	U13's and above including adults	Track at London Road Sports Centre (outdoors)	Contact: Andy Lewis 07943391110. Commences Monday 2 nd October.
Monday 7.00 pm to 8.00 pm	Middle distance and cross country	Under 15's and U17's	London Road Sports Centre (outdoors)	Contact Grace Hough 07957 209635
Wednesday 6.00 pm to 7.00 pm	Sprints training	Under 13's and above	Track at London Road Sports Centre	Contact Ian Allport 01743241990

			(outdoors)	
Wednesday 6.00 pm to 7.00 pm	Hurdles	Under 13's	Track at London Road Sports Centre	Coach: Arnie Wray 01743 356969 or 07910364479.
Wednesday 6.00 pm to 7.00 pm	Discus and hammer.	U13's and above including adults.	Track at London Road Sports Centre (outdoors)	Contact: Andy Lewis 07943391110. Commences Wednesday 4 th October.
Wednesday 6.00 pm to 8.00 pm	High Jump plus plyometrics, strength conditioning and general conditioning	All age groups	Track at London Road Sports Centre (outdoors)	Coach: Richard Eastman. Email eastman@talk21.com A session for more able jumpers – must be able to achieve these min heights: female- 1.3m, male - 1.4m
Wednesday 6.30 pm to 8.00 pm	Long, triple jumpers and sprinters. Strength endurance and conditioning.	Under 15's and above	Track at London Road Sports Centre (outdoors)	Contact: Pat Higgins 07800541865 Up to 1 st November 2017. Then weight training for invited U17 and above athletes at Shawbury 5.30 to 7.00pm.
Wednesday 7.00 pm to 8.00 pm	Training for road running, cross country, fell and trail running	17 yrs and above	London Road Sports Centre (outdoors)	NB This session is an hour and covers a minimum of 6 miles. There will be a number of evenings when there will be no training from this venue, either due to to training from another venue or participation in races. Contact Graham Jones 07837242742.
Wednesday 7.00 pm to 8.00 pm	Javelin.	U13's and above including adults.	Track at London Road Sports Centre (outdoors)	Contact: Andy Lewis 07943391110. Commences Wednesday 4 th October.
Thursday 6.00 pm to 7.00 pm	General fitness work including circuit training and Sportshall.	Under 13's.	Roman Road Sports Centre, Longden Road. (indoors)	Contact: Ian Allport 01743 241990

In addition to the above some [coaches](#) may arrange additional sessions for athletes. You can find out more information from your coach for the discipline you are interested in.