

2018/19 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 2019.

Day & Time	Type of session	Age Group	Venue	Other Information
Monday 6.00 pm to 7.00 pm	General fitness work including circuit training and Sportshall.	Under 11's	Roman Road Sports Centre, Longden Road. (indoors)	Contact: Kathy Wray 01743 356969 or Ian Baggley 01939 210520 Commences on Monday 17 th September 2018.
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	Track at London Road Sports Centre (outdoors)	Contact: Geraldine Bush 07742719631 + some weekend training sessions for those interested in cross country TBA closer to the time.
Monday 6.00 pm to 7.00 pm	Hurdles.	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 (outdoors)	Coach: Andy Lewis 07943391110 Commences Monday 1 st October.
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. Pat will not be coaching during September.
Monday 7.00 pm to 8.00 pm	Speed endurance training for hurdlers.	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	Discus and hammer.	U13's and above including adults	Track at London Road Sports Centre (outdoors)	Contact: Andy Lewis 07943391110. Commences Monday 1 st 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. Extra cross country training to be arranged nearer fixture dates.
Monday 7.00 pm to 8.00 pm	Cross country, road, trail and fells training	17yrs and over	London Road Sports Centre	An hours steady running covering 7.5 to 9 miles. Contact Luke Butler 07970267932 or Steve Waters

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Wednesday 6.00 pm to 7.00 pm	Sprints training	Under 13's and above	Track at London Road Sports Centre (outdoors)	Contact Ian Allport 01743241990
Wednesday 6.00 pm to 7.00 pm	Winter conditioning for hurdlers	Under 15's and above	Track at London Road Sports Centre	Coach: Arnie Wray 01743 356969 or 07910364479.
Wednesday 6.00 pm to 7.00 pm	UKA Athletics 365 programme	Under 13's	Track at London Road Sports Centre (outdoors)	Contact: Andy Lewis 07943391110. Commences Wednesday 3 rd 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. Pat will not be coaching during September. Up to 1 st November 2017. Then weight training for invited U17 and above athletes at Shawbury 5.30 to 7.00pm.
Wednesday 6.45 pm to 8.00 pm	Training for road running, cross country, fell and trail running	17 yrs and above	London Road Sports Centre (outdoors)	There are 2 options. Option 1 is an hour and covers a minimum of 6 miles. Contact Graham Parton 07880512618 or Chris Hedley 07508146077. Option 2 is a track session (Coach – Colin Livingstone) Contact Luke Butler 07970267932 or Steve Waters 07763808286
Wednesday 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 Wednesday 3 rd 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)	Coaches – Ian Allport and Mel Price. Contact: Ian Allport 01743 241990. Commencing on – date to be finalised – please check with the coach.

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.