

Shrewsbury AC - 2021 Summer training programme
Commencing Monday 29th March 2021

Day & Time	Type of session	Age Group	Venue	Other information
Monday 6 pm to 7 pm	Sprints	All ages	Track at London Road Sports Centre	Coaching Team: Michael Inpong (Team Lead Coach), Ian Baggle, Ian Allport, Lilly Parkes, Lydia Thomas.
Monday 6 pm to 7 pm	Endurance	Beginners and novice athletes	Track at London Road Sports Centre	Coach: Grace Hough. 07957209635
Monday 6 pm to 7 pm	Hurdles/Long Jump	U15 and above	Track at London Road Sports Centre	Coach: Arnie Wray.07910364479.
Monday 6 pm to 7 pm	Shot putt	U13's and above	Track at London Road Sports Centre	Coach: Andy Lewis. 07943391110 andy.lewis1955@btinternet.com
Monday 7 pm to 8 pm	Sprints	All ages	Track at London Road Sports Centre	Coaching Team: Michael Inpong (Team Lead Coach), Ian Allport
Monday 7 pm to 8 pm	Endurance	Experienced and older athletes	Track at London Road Sports Centre	Coach: Grace Hough. 07957209635
Monday 7 pm to 8 pm	Endurance	Seniors	Various venues.	Led by Luke Butler. luke_btlr@me.com 07970267392 Details available on SAC senior training and racing facebook group (closed group)
Monday 7 pm to 8 pm	Speed endurance for hurdlers and long jumpers	U15 and above	Track at London Road Sports Centre	Coach: Arnie Wray. 07910364479. wray674@btinternet.com
Monday 7 pm to 8 pm	Javelin	U13's and above	Track at London Road Sports Centre	Coach: Andy Lewis. 07943391110 andy.lewis1955@btinternet.com
Monday 7 pm to 8 pm	All events	All age groups	Track at London Road Sports Centre	Coach: Ian Allport allportian@outlook.com
Wednesday 5 pm to 6 pm	Sprints	All ages	Track at London Road Sports Centre	Coaching Team: Michael Inpong (Team Lead Coach), Joshua Inpong-Pirard
Wednesday 6 pm to 7 pm	Sprints	All ages	Track at London Road Sports Centre	Coaching Team: Michael Inpong (Team Lead Coach), Laura Parke, James Stuart, Ian Allport
Wednesday 6	Endurance	Young	Track at	Coach: Grace Hough.

pm to 7 pm		athletes	London Road Sports Centre	07957209635
Wednesday 6 pm to 7 pm	Hurdles/Long Jump	U15 and above	Track at London Road Sports Centre	Coach: Arnie Wray. 07910364479. wray674@btinternet.com
Wednesday 6 pm to 8 pm	High Jump and combined event	Year 7 (u13) plus	Track at London Road Sports Centre	Coach: Richard Eastman. email richard.sidney.eastman@gmail.com
Wednesday 6.00 pm to 8.00 pm	Sprints and horizontal jumps	U17's and U20's	Track at London Road Sports Centre	Coach: Jess Foster. email jessicarfoster15@hotmail.co.uk
Wednesday 6.30 pm to 7.30 pm	Endurance	U15's and above	Track at London Road Sports Centre	Coach: Grace Hough. 07957209635
Wednesday 6.30 pm to 8.00 pm	Endurance – hill and trail running	Senior athletes	Various venues around Shropshire	Led by: Graham Jones 07837242742 john.jones22@btinternet.com Each week updates will be posted on the SAC Senior Training & Racing facebook page
Wednesday 7 pm to 8 pm	Sprints	All ages	Track at London Road Sports Centre	Coaching Team: Michael Inpong (Team Lead Coach), Ian Allport.
Wednesday 6.40 pm to 8 pm	Endurance	Seniors	Track at London Road Sports Centre	Coach: Colin Livingstone. email kiwiendurance@gmail.com Co-ordinated by Luke Butler luke_btlr@me.com 07970267392 Max of 24 athletes. Book a spot via SAC senior training and racing facebook page (closed group)

Some coaches will arrange additional sessions for their athletes. You can find out more information from your coach.