

Shrewsbury Athletics Club - 2019/20 Winter Training programme.

Please check with the relevant coach for the start date of the training session. If no start date is given, the session is running now. The programme continues until April 2020.

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)	Coach: Kathy Wray 07715157016 or Ian Baggley 01939 210520 Sessions start w/c 23 rd September.
Monday 6.00 pm to 7.00 pm	Sprints training	Under 13's and above	Track at London Road Sports Centre (outdoors)	Coach: 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)	Coach: 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)	Coach: Arnie Wray 07910364479.. Sessions start w/c 23 rd September.
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 30 th September. These sessions are for those who are new to athletics and sport generally. .
Monday 6.00 pm to 8.00 pm	Long, triple jumpers and sprinters. Strength endurance and conditioning.	Under 17's and above	Track at London Road Sports Centre (outdoors)	Coach: Pat Higgins 07800541865. Sessions start w/c Monday 30 th September. Hill sessions on alternate Monday's at Meole School field or the Quarry park
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)	Coach: Arnie Wray 07910364479.. Sessions start w/c 23 rd September.
Monday 7.00 pm to 8.00 pm	Shot and javelin technique	U13's and above including adults	Track at London Road Sports Centre (outdoors)	Coach: Andy Lewis 07943391110. Commences Monday 30 th September. Sessions will alternate each Monday.
Monday 7.00 pm to 8.00 pm	Middle distance and cross country	Under 15's and	Track at London Road Sports Centre	Coach Grace Hough 07957 209635. Extra cross country training to be arranged nearer fixture dates.

		U17's	(outdoors)	
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 07763808286
Wednesday 6.00 pm to 7.00 pm	Sprints training	Under 13's and above	Track at London Road Sports Centre (outdoors)	Coach: 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 (outdoors)	Coach: Arnie Wray 07910364479.. Sessions start w/c 23 rd September.
Wednesday 6.00 pm to 6.45 pm	Shot and Javelin technique	Under 13's	Track at London Road Sports Centre (outdoors)	Coach: Andy Lewis 07943391110. Commences Wednesday 2 nd October. Arrive before 6.00pm to complete warm-up and drills ready to start throwing at 6.00pm.
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 6.00 pm to 8.00 pm	Long, triple jumpers and sprinters. Strength endurance and conditioning.	Under 17's and above	Track at London Road Sports Centre (outdoors)	Coach: Pat Higgins 07800541865. Sessions start w/c Monday 30 th September.
Wednesday 6.45 pm to 8.00 pm	Training for road running, cross country, fell and trail running	17 yrs and above	Track at 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

Some coaches may arrange additional sessions for athletes. You can find out more information from the coach for the discipline you are interested in.