

Shrewsbury AC - 2019 Summer training programme

Commencing Monday 25th March 2019 – but please check individual disciplines, some will have different start dates

Day & Time	Type of session	Age Group	Venue	Other information
Monday 6.00 pm to 7.00 pm	Running, jumping and throwing	Under 11's	Track at London Road Sports Centre	Coaches: Kathy Wray wray674@btinternet.com and Ian Bagglely 01939 210520
Monday 6.00 pm to 7.00 pm	Sprints	Under 13's	Track at London Road Sports Centre	Coach: Ian Allport 01743 2419090
Monday 6.00 pm to 7.00 pm	Endurance and skill development for running	Under 11's and 13's	Alternates between track and field at London Road Sports Centre	Coach: Geraldine Bush 07742719631. Assistants: Clare Downes, Mel Price, Darren Hall
Monday 6.00 pm to 7.00 pm	Hurdles	Under 13's	Track at London Road Sports Centre	Coach: Arnie Wray 01743 356969 or 07910364479.
Monday 6.00 pm to 7.00 pm	High Jump	Under 13's	Track at London Road Sports Centre	Coaching by Katie and Dora. Contact Arnie Wray 01743 356969 or 07910364479.
Monday 6.00 pm to 7.00 pm	Throws events (shot and javelin)	Under 13's	Track at London Road Sports Centre	Coach: Andy Lewis 07943391110
Monday 6.30pm to 7.00pm	Long/triple Jump + sprints	School year 9 and older	Track at London Road Sports Centre	Coach: Pat Higgins 07800541865. Athletes must be of a reasonable standard - LJ 5.00m/TJ 11.00m
Monday 7.00 pm to 8.00 pm	Sprints	Under 15's and above	Track at London Road Sports Centre	Coach: Ian Allport 01743 2419090
Monday 7.00 pm to 8.00 pm	Middle distance	Under 15's and U17's	Track at London Road Sports Centre	Coach: Grace Hough 07957209635
Monday 7.00 pm to 8.00 pm	Hurdles	Under 15's and above	Track at London Road Sports Centre	Coach: Arnie Wray 01743 356969 or 07910364479.
Monday 7.00 pm to	Throws (shot and javelin)	Under 15's and above	Track at London Road	Coach: Andy Lewis 07943391110. Also see the

8.00 pm			Sports Centre	website Throws coaching page.
Monday 6.30 pm to 8.00 pm	Cross country, road, trail and fells training	17yrs and over	London Road Sports Centre	An hours run followed by a form drills session. Contact Luke Butler 07970267932 or Steve Waters 07763808286
Wednesday 6.00 pm to 7.00 pm	800m/1500m training	U13's	Track at London Road Sports Centre	Coach: Geraldine Bush, 07742719631
Wednesday 6.00pm to 7.00pm	Long Jump	U13's	Track at London Road Sports Centre	Coach: Jess Foster. Commences on 25 th April
Wednesday 6.00 pm to 7.00 pm	Sprints	Under 13's	Track at London Road Sports Centre	Coach: Ian Allport 01743241990
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 8.00 pm	High Jump + multi events	All age groups	Track at London Road Sports Centre	Coach: Richard Eastman. Email eastman@talk21.com
Wednesday 6.00 pm to 7.00 pm	Throws (shot and javelin)	U13's and above	Track at London Road Sports Centre	Coach: Andy Lewis 07943391110.
Wednesday 7.00pm to 8.00pm	Long Jump and triple jump	15 years and older with a reasonable level of fitness	Track at London Road Sports Centre	Coach: Pat Higgins 07800541865. Commences on 25 th April
Wednesday 7.00 pm to 8.00 pm	Sprints	Under 15's and above	Track at London Road Sports Centre	Coach: Ian Allport 01743241990
Wednesday 7.00 pm to 8.00 pm	Hurdles	Under 15's and above	Track at London Road Sports Centre	Coach: Arnie Wray 01743 356969 or 07910364479.
Wednesday 7.00 pm to 8.00 pm	Throws (shot and javelin)	Under 15's and above	Track at London Road Sports Centre	Coach: Andy Lewis 07943391110. This session will take place by arrangement. Contact Andy prior to attending.
Wednesday 7.00pm to 8.00pm	Endurance (800m/1500m and above)	U15's and U17's.	Track at London Road Sports Centre	Coach: Grace Hough 07957209635. Incorporated with the Senior endurance session, adapted to suit ability and age.

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	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
Saturday's	High Jump + multi events	All age groups	Track at London Road Sports Centre	Coach: Richard Eastman. Email eastman@talk21.com One Saturday per month. Contact Richard for more information.

In addition to the above some coaches will arrange additional sessions for their athletes. You can find out more information from your coach.