

Janet Smith

Winter Training 2007-08.

With some reluctance I have decided to give up on the “summer” and end our season on Thurs 6 September (all being well the final two sessions on Tues & Thurs will have a competitive element) – this is earlier than usual but with no competition left and the weather continuing unsettled it seems best. This will give us a slightly longer break than usual so my final comments below should be noted.

Winter training for sprints up to 400m plus jumping & hurdling conditioning work (ages 14 onwards) is as below – I do not necessarily expect you to attend each of the sessions (although you will get the most benefit if you do) however please attend regularly even if it is only once a week. Our training is progressive and you will find it difficult if you miss weeks.

Tuesdays as from 9 October 2007

Thornhill Youth Club, Upper Deacon Rd, Thornhill, Southampton
6.30pm – 8pm
£2 per session

Indoors – mobility, strength & circuit work
Outdoors – hill running

Thursdays as from 11 October 2007

Oaklands School, Fairisle Rd, Lordshill, Southampton
6.30pm – 8.15pm
£2 per session

Indoors – drills, strength & circuit work plus Reversa Board running

Sundays as from 7 October 2007.

As last winter Sunday morning will be a running session only, ready to start at 10.45am and finishing by Midday. The venues for the sessions will vary so that we get maximum benefit from sessions.

The first four session venues are;

7 October - Thornhill – meet in the car park of Thornhill Youth Club
14 October - Telegraph Woods – meet by the entrance gate in Telegraph Road
21 October – Thornhill – meet in the car park of Thornhill Youth Club
28 October – Sports Centre – meet at the top of the hill by the telephone box (we will not be training on the track but on the road or grass areas).
Obviously there will be no charge for these sessions.

When we have completed the first four weeks you will need to check where we will be – either with me or on the Team Southampton website. We will continue on this basis until Christmas.

Fees

You can if you prefer make one off training payments as follows:

Tuesdays - £20 up to Christmas
Thursdays - £20 up to Christmas

Tuesdays & Thursdays - £38 up to Christmas

In view of the long break some “pre-training” training is recommended – stretching, jogging and some basic circuit work.

JHS