

## Summer (?) Training 2008

Winter training will finish as follows:

**Tuesdays** - Final session at Thornhill Youth Club – Tues 1 April

**Thursdays** - Final session at Oaklands School – Thurs 3 April

Summer training will be as follows:

**Tuesdays** - As from 15 April (note there is no session on 8 April)

6.45pm ready to start

Tuesday sessions will vary between a track session and a grass session – you will need to check with me beforehand where we will be. The first session on 15/4 will be a track session.

In addition I will probably eventually be needing to take an active role in our Young Athlete Academy sessions on a Tuesday and will therefore only be able to set you sessions on these evenings – you will be expected to get on without supervision (nagging)

**Wednesdays** - As from 30 April

6.45pm ready to start

Wednesdays will be our main summer training sessions – the track is much quieter and it is the best time for quality sessions. I realise this breaks with the winter pattern but you should make every effort to attend – if necessary drop either a Tues or Thurs session – if you cannot I will do my best to accommodate you at the other sessions.

On some Wednesday evenings Team Southampton will be putting on Open Meetings – you are expected to enter and run in these where possible.

**Thursdays** - As from 10 April

Track – 6.45pm ready to start

**Sundays** - Sunday sessions will continue on the track however as the track season gets under way I will not be around every Sunday and you will need to check with me beforehand if there is a session and what you should do.

Have a good season – you have all worked hard during the winter, you now need to get out and **compete** (that's what all the sweat and pain was for)

Jan