

# Janet Smith

## Winter Training 2009-10

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.

I'm afraid I have had to increase the fees this year to try and cover the cost of the facilities we use.

### **Tuesdays as from 6 October 2009**

Thornhill Youth Club, Upper Deacon Road, Thornhill, Southampton

6.30pm – 8pm

£2.50 per session

Indoors – mobility, strength & circuit work

Outdoors – hill running

### **Thursdays as from 8 October 2009**

Oaklands School, Fairisle Road, Lordshill, Southampton

6.30pm – 8.15pm

£2.50 per session

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

### **Sundays as from 11 October 2009-09-18**

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.

The first four session venues are:

**11 October** – Royal Victoria Country Park – meet near the Café / toilets (note if you park within the Country Park you will need to pay a car park fee)

**18 October** – Telegraph Woods, West End – Meet by the entrance gate in Telegraph Road

**25 October** – Thornhill – meet in the car park of Thornhill Youth Club

**1 November** – 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).

There is 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 - £25 up to Christmas

Thursdays - £25 up to Christmas

Tuesdays & Thursdays (if paid at the same time) - £48 up to Christmas

JHS