

EPSV Club Track and Field Training Plan (from Monday 19-07-21)

Athletes can train with more than one group, ***but must ask to join a group before attending.***

Sessions are held throughout the school summer holidays.

MONDAYS:

Ian Ackroyd/Tim Palmer (Middle Distance, Lanes 1 & 2, 6-8pm)

Karl Fenney (Hurdles, Lanes 6, 7 & 8, 6.30-8pm)

Jane Palmer (High Jump, 6-8pm)

Victor Oyesola (Long Jump, 7-8pm)

Jon Moss (Sprints, Lanes 3, 4, 5 & 6, 6-8pm)

Helsby Running Club (First Monday of every month, Lanes 1 & 2, 6.30-7.30pm)

TUESDAYS:

Jill Gore/Jo Cartwright (Under 11s group, Lanes 1 & 2, & Long Jump, 6.30-8pm)

Dennis Wall/Mark Duffey (Middle Distance, Lanes 3 & 4, 6.30-7.30pm)

Graham Patterson (Middle Distance, Lanes 3 & 4, 6.30-8pm)

Alan Littler/Liam Davoren (400m group, Lanes 5 & 6, 6.30-8pm)

Victor Oyesola (Sprints, Lanes 5, 6, 7 & 8, 6.30-8pm).

Dave McKay/Jenny Manning (Throws, 6.30-8pm)

THURSDAYS:

Chris Morgan (Distance Running, Lane 1, 6.30-8pm);

Graham Patterson (Middle Distance, Lanes 1 & 2, 6.30-8pm)

Ian Ackroyd/Tim Palmer (Middle Distance, Lanes 1 & 2, 6-8pm)

Alan Littler (400m group, Lanes 3 & 4, 6-8pm)

Victor Oyesola (Sprints, Lanes 5 & 6, 6.30-8pm)

Jon Moss (Sprints, Lanes 5, 6, 7 & 8, 6-8pm)

Dennis Wall/Mark Duffey (Multi-Events group, Lane 6, 6.30-8pm)

Jane Palmer (High Jump, 6.30-8pm)

Dave McKay/Jenny Manning (Throws, 6.30-8pm)

SATURDAYS:

Dennis Wall/Jane Palmer/Victor Oyesola/Jo Cartwright (U11s-U13s/U15s Multi Events Group, 10am-12 noon)

Jon Moss/Alan Littler/Liam Davoren (Sprints, 10am-12 noon)

Dave McKay (Long Jump/Throws, 10am-12 noon).