

Training Pathway 2024

Training sessions
5.15pm to 6.15pm

Training sessions 6.30pm to 7.45pm

515 Development Group
Sylvia Philps

Various groups for athletes from age 5 (Funetics) to 15. Covering basic skills in run jump throw

Overall Youth Development Group

Linda Ellis

For competing athletes U13 and over

Building on the basic skills in Run Jump Throw and preparing the athletes for progression to the next stage.

Also includes a distance group for U13, U15 & U17 athletes to prepare for the junior distance development squad

Pole Vault - Hayley Fox & Adey White - from age 12 - Experienced vaulters Tuesday and Thursdays Juniors. Beginners on Saturday mornings

Throws - Denise Campbell - from age 12

Multi Event Technical Group - Matt Blagdon - from age U13

Junior Sprint Development group - Ali Carchedi - Development group for sprints, jumps and hurdles

Intermediate Sprints - Terry Timmis - Long and short sprints, long and short hurdles Long and triple jump

Senior Sprints - Denise Timmis 100m to 400m/Relays/Long Jump

Junior Distance Development Squad - Harriet Johnson /Rebecca Cole

Development distance group Athletes should be actively competing for the club in competitions such as YDL, Open Meets, and other team events under the club's name

Intermediate Distance Squad - Marc Thorpe/Gary Johnson
Junior 800m to 3000m, Entry require a history of regular club competition participation, consistent training attendance, and demonstrable improvement in both training and racing.

Endurance - Rob Lewis/Mark Thornton - 3000m and above 20 mins for 5k/5000m or sub 11mins for 3000m

Road Running - Sean Baxter - 5k to Marathon or Ultra from age 18 must be able to run 5 to 6 miles at 11mins otherwise Thursday sessions are not viable

Ages are a guideline only - It is up to the Coach to decide and liaise with other coaches when an athlete is ready to move groups.