

WINTER TRAINING FOR JUNIORS

Hi everyone,

Firstly, congratulations to all of you who took part in the Inter Insular in Guernsey on the 6th & 7th September 2008. You all performed to a really high standard and committed yourselves to your events. Well done!

Now for winter training!

Winter training will commence on Tuesday 30th September 2008 for those of you in my group and Rachel's group. This year I hope to try a few new things to vary the training and keep you active, fit and enthusiastic!

Training Tuesday Nights

We will start down at the track on the 30th September and training will involve circuits, fitness and stamina training. In a couple of weeks (date not yet known) we will start indoor training at Langford Hall from 6.30 to 7.30pm. We will continue with circuit training and sports hall training. Last year we were unable to send a sports hall team due to lack of interest and timing, this year it would be great to send some teams. I will let you know the dates involved as soon as possible. Once indoor training starts at Langford, there will be **NO TRAINING** for this group at the track on a Tuesday evening, so please do not turn up as there will be no one to coach you as we will be at Langford. A small charge of £1.00 per person will be made to help towards the cost of using the Hall for each session.

Training Thursday Nights

Will continue as usual 6.30 to 7.30pm getting you fit for the summer season!

Sunday Mornings

This winter my Sunday morning group will be sand dune training from 10.30am to 12.00pm. This will start on Sunday 12th October 2008 and continue every Sunday morning until Christmas (unless cancelled in advance for any reason). This will include dune running and exercises on the beach finishing with a run in the sea! This will be a fairly tough session and commitment is required so please only attend if you intend to work hard!

Cross Country League

The junior cross country league starts on Saturday 27th September 2008 at Les Mielles de Morville check in 12.45. Even if you do not consider yourself a "middle/long distance" athlete, there is absolutely no reason why you can not take part in the cross country league. They are an excellent way to improve your stamina and fitness levels. I hope to see many of you taking part in these races this year to add to your training.

Finally, I hope you are all having a well deserved rest and look forward to seeing you all – raring to go on the 30th.

With best wishes

Karen