

## **JUNIOR TRAINING DETAILS**

### **Tuesdays 6:30pm - 7:30pm**

Juniors will be split into two groups. A 'focus' group for those that are focused on performance improvement and a 'non-focus' group for those that are more interested in the social and fun side of training. There will be no pressure on the Juniors on which group they train with, it's entirely up to themselves to decide. The difference will be in the activities that we deliver. Joining the non-focus group does not necessarily mean the training will be easier, just less structured.

The groups will roughly follow the following schedule:

Week 1: The focus group follows the annual training plan. The non-focus group perform fun activities.

Week 2: Both groups train together following a variation of the annual training plan.

Week 3: The focus group follows the annual training plan. The non-focus group perform fun activities.

Week 4: Recovery week. Both groups partake in the monthly assessment test.

(Cooper Test during the winter, 1500m predictor during the Summer).

Then repeat.

For the more advanced runners, some of the focus group sessions may over-run until 8pm.

### **Thursdays 6:30pm - 7:05pm (Winter)**

Junior training will be held in the Sports Hall as follows:

Week 1: The focus group will perform core strength exercises. The non-focus group perform fun activities.

Week 2: The older Juniors (usually 13+) have the option of running in the handicap 5k with the adults. Otherwise fun indoor activities.

Week 3: The focus group will perform core strength exercises. The non-focus group perform fun activities.

Week 4: Recovery week. Both groups partake in the monthly assessment test.

(Bleep Test).

Then repeat.

### **Thursdays 7:10pm - 8:00pm (Winter)**

We will head out for a run. On the recovery weeks, this will be an easy run, otherwise it will be a fartlek (varying pace) run. Distance will vary according to ability.

All Juniors can choose the Hall activities or the Run or Both. Parents can train with the adults at the same time should they wish, or alternatively they can join in with the Juniors.

Thursday runs will require **Hi-Vis** vests. (We have plenty spare if you don't have your own).

Tuesdays will require **Hi-Vis** vests to be worn once the light fades enough for us to be unable to train safely on the field.

**Starting 1st September.**