



Track & Field Outdoor Training Autumn / Winter 2025

	Tuesday	Thursday	Tuesday	Thursday	Tuesday	Thursday		Tuesday	Thursday	Tuesday	Thursday	Tuesday	Thursday	Tuesday	Thursday	
	23-Sep-25	25-Sep-25	30-Sep-25	02-Oct-25	07-Oct-25	09-Oct-25		16-Dec-25	18-Dec-25	23-Dec-25	25-Dec-25	30-Dec-25	01-Jan-26	06-Jan-26	08-Jan-26	
U11 Training	√	√	√	√	√	√	Every Tuesday & Thursday	√	√	X	X	X	X	√	√	Every Tuesday & Thursday
U13 Training	√	√	√	√	√	√		√	√	X	X	X	X	√	√	
U13 Endurance	√	√	√	√	√	√		√	√	X	X	X	X	√	√	
U15/U17/U20 Endurance	√	√	√	√	√	√		√	√	X	X	X	X	√	√	
U15/U17/U20 Multi-Events	√	√	√	√	√	√		√	√	X	X	X	X	√	√	
U13/U15/U17/U20/Senior Throws	√	√	√	√	√	√		√	√	X	X	X	X	√	√	
U15/U17/U20/Senior Sprints	X	X	X	X	√	√		√	√	X	X	X	X	√	√	
Senior Middle / Long Distance	√	X	√	X	√	X	Every Tues	√	X	X	X	X	X	√	X	Every Tues