



WINTER TRAINING with John Snape

REV 0

2019/20



M60
Athletics Network

Weekday sessions run from 6pm to 7pm and 7pm to 8pm, Saturday sessions run from 10am

Please contact me to arrange a Saturday morning session. This may include High Jump, Triple Jump or any of the below.

Tuesday	1st October	Long Jump	Tuesday	5th November	Shot Putt / Javelin
Thursday	3rd October	Shot Putt / Javelin	Thursday	7th November	Discus / Hammer
Saturday	5th October	No training - Schools XC	Saturday	9th November	Training by arrangement #
Tuesday	8th October	Discus / Hammer	Tuesday	12th November	Long Jump
Thursday	10th October	Long Jump	Thursday	14th November	Shot Putt / Javelin
Saturday	12th October	Training by arrangement #	Saturday	16th November	No training - Schools XC
Tuesday	15th October	Shot Putt / Javelin	Tuesday	19th November	Discus / Hammer
Thursday	17th October	Discus / Hammer	Thursday	21st November	Long Jump
Saturday	19th October	Training by arrangement #	Saturday	23rd November	Training by arrangement #
Tuesday	22nd October	Long Jump	Tuesday	26th November	Shot Putt / Javelin
Thursday	24th October	Shot Putt / Javelin	Thursday	28th November	Discus / Hammer
Saturday	26th October	Training by arrangement #	Saturday	30th November	Training by arrangement #
Tuesday	29th October	Discus / Hammer	Tuesday	3rd December	Long Jump
Thursday	31st October	Long Jump	Thursday	5th December	Shot Putt / Javelin
Saturday	2nd November	Training by arrangement #	Saturday	7th December	Training by arrangement #

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john.snape100@btinternet.com



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Tuesday	10th December	Discus / Hammer	Tuesday	14th January	Long Jump	
Thursday	12th December	Long Jump	Thursday	16th January	Shot Putt / Javelin	
Saturday	14th December	No training - Gtr Mcr County XC Champs	Saturday	18th January	Training by arrangement #	
Tuesday	17th December	Shot Putt / Javelin	Tuesday	21st January	Discus / Hammer	
Thursday	19th December	Discus / Hammer	Thursday	23rd January	Long Jump	
???	Saturday	21st December	ADAC Christmas Handicaps, JLP	Saturday	25th January	Training by arrangement #
Tuesday	24th December	Track Closed	Tuesday	28th January	Shot Putt / Javelin	
Thursday	26th December	Track Closed	Thursday	30th January	Discus / Hammer	
Saturday	28th December	Training by arrangement #	Saturday	1st February	Training by arrangement #	
Tuesday	31st December	Track Closed	Tuesday	4th February	Long Jump	
Thursday	2nd January	Long Jump	Thursday	6th February	Shot Putt / Javelin	
Saturday	4th January	Training by arrangement #	Saturday	8th February	Training by arrangement #	
Tuesday	7th January	Shot Putt / Javelin	Tuesday	11th February	Discus / Hammer	
Thursday	9th January	Discus / Hammer	Thursday	13th February	Long Jump	
Saturday	11th January	Training by arrangement #	Saturday	15th February	Training by arrangement #	

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Tuesday	18th February	Shot Putt / Javelin	Tuesday	3rd March	Discus / Hammer
Thursday	20th February	Discus / Hammer	Thursday	5th March	Long Jump
Saturday	22nd February	Training by arrangement #	Saturday	7th March	Training by arrangement #
Tuesday	25th February	Long Jump	Tuesday	10th March	Shot Putt / Javelin
Thursday	27th February	Shot Putt / Javelin	Thursday	12th March	Discus / Hammer
Saturday	29th February	Training by arrangement #	Saturday	14th March	Training by arrangement #