



TRAINING with John Snape

December 2022-February 2023



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 any of the below.

Saturday	3rd December	Training by arrangement #	Saturday	7th January	Training by arrangement #
Tuesday	6th December	Hurdles	Tuesday	10th January	Hurdles
Thursday	8th December	Javelin & Shot	Thursday	12th January	Triple Jump
Saturday	10th December	Training by arrangement #	Saturday	14th January	Training by arrangement #
Tuesday	13th December	Long Jump	Tuesday	17th January	Hurdles
Thursday	15th December	Hurdles	Thursday	19th January	Long Jump
Saturday	17th December	Training by arrangement #	Saturday	21st January	Training by arrangement #
Tuesday	20th December	Discus & Hammer	Tuesday	24th January	Discus & Hammer
Thursday	22nd December	Triple Jump	Thursday	26th January	Long Jump
Saturday	24th December	No Training	Saturday	28th January	Training by arrangement #
Tuesday	27th December	Long Jump	Tuesday	31st January	Hurdles
Thursday	29th December	Hurdles	Thursday	2nd February	Javelin & Shot
Saturday	31st December	Training by arrangement #	Saturday	4th February	Training by arrangement #
Tuesday	3rd January	Discus & Hammer	Tuesday	7th February	Discus & Hammer
Thursday	5th January	Long Jump	Thursday	9th February	Long Jump