





Day	Time	Run By	Activities
Monday	5:45-7pm		Sprints and distance training. Jumps and throws technique on request
Wednesday	6pm-7pm		A programme will be issued weekly with the actual events for that week. A typical programme might include sprints, scissors high jump and shot put. (varied each week to cover all events). U6-8 are coach as a separate group; older athletes can choose their event from the week's programme
Thursday	5:45-7pm		Sprints and distance training. Jumps and throws technique on request
Saturday	various		Strength and Conditioning, technique for individuals or small groups. Look for more information on the noticeboard or ask if you want some one on one coaching

This is a general calendar for our coaching and training sessions.

We will issue a specific programme for Wednesday each week by email and facebook.

Saturday training is for under 9 and older but some special events will be scheduled early in the season for under 6-8. See the noticeboard for updates and weekly schedules.

Ashgrove Ranger train all year round and our athletes are welcome to attend their Monday and Thursday sessions