

CROSS COUNTRY & WALKS

Holiday Development Clinic

April 2017



Open to ALL athletes aged 8 to 17 years!

The clinic involves the opportunity to learn from highly qualified and experienced Cross Country and Walks coaches, who will provide training tips and programs to best prepare athletes for the upcoming winter athletics season.

CROSS COUNTRY

Date: Wednesday 26th and Thursday 27th April

Time: 9:00AM - 12:30PM (each day)

Location: SA Athletics Stadium, 145 Railway Terrace, Mile End SA 5031

Cost:

- One Day (Wednesday or Thursday) - \$25.00
- Both Days (Wednesday & Thursday) - \$40.00

Training Focus Sessions:

WEDNESDAY

- Interval training
- Technique

THURSDAY

- Pacing
- Hill climbing

WALKS

Date: Wednesday 26th April 2017

Time: 9:00AM - 12:30PM

Location: Same as Cross Country

Cost: \$25.00

Training Focus Sessions:

- Technique Development
- Training Programs
- How to Race

For more information or to register, head to www.salaa.org.au/holidayclinics or athleticssa.com.au/holidayclinics

Contact: Little Athletics SA (08 8352 8133) or Athletics SA (08 8354 3477)

