



IMPACT ATHLETIC CLUB

SUMMER TRAINING PROGRAM

Monday - Senior Speed Endurance Training

- Time: 4.30 – 5.15pm
- Age: Years 6 – 9
- Venue: Cleves School Field
- Cost: £7 a session (£91 for 13 weeks)

Utilising the grass track at Cleves, these sessions will focus on speed endurance looking at middle distances of 400m, 800m and 1500m. These sessions are very much a cross over from winter cross country to summer track athletics.

Tuesday Junior Running Fitness

- Time: 4.30pm – 5.15pm
- Age: Years 3 – 6
- Venue: Cleves School Field
- Cost: £7 a session (invoiced monthly on a pay as you attend basis)

These sessions will continue exactly as they have done during the autumn and spring terms.

Wednesday – Junior Quad Kids Session

- Time: 4.30pm – 5.15pm
- Age: Years 3 – 6
- Venue: Cleves School Field
- Cost: £7 a session (£84 for 12 weeks, no session on 4th July 2024)

Utilising the grass running track and Cleves, these sessions will focus on the running, jumping and throwing disciplines of the Quad Kids event. This includes a sprint, 300/600m run, vortex howler and standing long jump.

Wednesday – Senior Track and Field Session

- Time: 7.00pm – 8.00pm
- Age: Years 6 – 9
- Venue: St George's College Running Track
- Cost: £10 a session (£120 for 12 weeks, no session on 4th July 2024)

Utilising the running track at St Georges College, these sessions will predominantly focus on speed work on the track but will also include hurdling, some middle distance and throwing and jumping including shot, javelin, long jump and triple jump.

Friday – Senior Strength and Conditioning

- Time: 4.30pm – 5.15pm
- Age: Years 7 – 9
- Venue: Cleves School Hall
- Cost: £10 a session (£130 for 13 weeks)

These sessions will continue exactly as they have done during the autumn and spring terms.

SIGN UP YOUR CHILD NOW! To sign your child up for any of the above sessions, please [click here](#).