



## Regional Championships Training Program (U9-U17)

There will only be 8 weeks from our last Competition Day (Saturday 15<sup>th</sup> December), until the Regional Championships on the 9<sup>th</sup> & 10<sup>th</sup> February 2019 in Gympie.

This is just enough time to be fit for your events and get the best from the Regional Carnival.

We will have running training every Monday from the 17<sup>th</sup> December. In order for distance runners and walkers to be fit enough to compete at the middle distance events, and be able to do the training sessions, you will need to do additional running on your own 2-3 times per week. Simone will provide you with the program for the other days in your week. If you are a walker, you will need to do the distance training sessions, and substitute one session for walks. A program can be tailored for you if you sign up.

**Commences:** Monday 17<sup>th</sup> December 2018.

**Goes for:** 8 Weeks - concludes Monday 4<sup>th</sup> February 2019.

**Cost:** \$50 per athlete for running or field. \$70 per athlete if you sign up to both. (note that field will only be for approx. 20 mins of the session if you do both, and you will go until 6.30pm). Payment will be due by the 17<sup>th</sup> December.

**Time:** 5pm- 6.15pm (so we are cooler)

**Place:** the PCYC oval

Please note that sessions are limited to 12 participants. A minimum of 6 participants is required for each session to go ahead.

Sign on now by emailing Denica, the Registrar at [pdbannister@bigpond.com](mailto:pdbannister@bigpond.com)

| Distance/ Walks with Simone | Sprints with Lindsie | Throws | Long Jump/<br>Triple Jump |
|-----------------------------|----------------------|--------|---------------------------|
| 1. Grace B                  | 1.                   | 1.     | 1.                        |
| 2. Jude B                   | 2.                   | 2.     | 2.                        |
| 3. Jack B                   | 3.                   | 3.     | 3.                        |
| 4.                          | 4.                   | 4.     | 4.                        |
| 5.                          | 5.                   | 5.     | 5.                        |
| 6.                          | 6.                   | 6.     | 6.                        |
| 7.                          | 7.                   | 7.     | 7.                        |
| 8.                          | 8.                   | 8.     | 8.                        |
| 9.                          | 9.                   | 9.     | 9.                        |
| 10.                         | 10.                  | 10.    | 10.                       |
| 11.                         | 11.                  | 11.    | 11.                       |
| 12.                         | 12.                  | 12.    | 12.                       |