

Winter Training



**Oswestry
Olympians**

The colours show who organises the training sessions but you can attend any session you want to in your age group. New members are very welcome, club membership is free for the first month.



WINTER	ALL SENIORS Runners and Triathletes	ALL JUNIORS Athletes and Triathletes
Monday	CLUB RUN 6.30 Leisure Centre - Free	
Tuesday		
Wednesday	CLUB RUN 6.30 Leisure Centre - Free	
Thursday		<p>SPORTS HALL ATHLETICS TRAINING/ STRENGTH AND CONDITIONING</p> <p>5-6pm U11's (School years 4,5,6) 6-8pm U13/15/17/20's (School Year 7 upwards)</p> <p>Marches Sports Hall - £1.50/ hour</p>
Friday	<p>CLUB RUN 6.15 Ellesmere Central Car Park Free</p> <p>COACHED SWIMMING SESSION 7.30PM – 8.30pm Oswestry School - £3</p>	<p>SPORTS HALL CORE TRAINING/ SWIMMING</p> <p>6pm – 7.30pm Oswestry School - £2</p>
Saturday	<p>INFORMAL RIDES AND RUNS AS ARRANGED BY GROUPS/INDIVIDUALS</p>	<p>CROSS COUNTRY: HILL RUNNING / ENDURANCE</p> <p>11am-12pm Gatacre Playing Fields - Free</p>
Sunday		