

Running Training and Land Conditioning & Biathlon & Traithlon Events

<u>Date</u>	<u>Time</u>	<u>Event</u>	<u>Venue</u>
Sun 3 Jan	1100	Running Training	Lodmoor Park
Sun 10 Jan	1100	Running Training	Lodmoor Park
Sun 17 Jan	1100	Running Training	Lodmoor Park
Sun 24 Jan	AM/PM	Schools Biathlon Qualifier	Bath
Sun 24 Jan	1100	Running Training	Lodmoor Park
Sun 7 Feb	1100	Running Training	Lodmoor Park
Sun Feb	AM/PM	Development Training Day	Millfield
Sun 14 Feb	1100	Running Training	Lodmoor Park
Sun 21 Feb	1100	Running Training	Lodmoor Park
Sun 7 Mar	1000	Swim/Run Training Portland	Osprey Centre
Sun 14 Mar	AM/PM	Dorset Biathlon	Osprey Centre
Sun 21 Mar	1100	Running Training	Lodmoor Park
Sun 21 Mar	AM/PM	Schools Biathlon Finals	Aldershot
Sat 27 Mar	AM/PM	Race 1 British Biathle Series	Millfield

Andy Whittall will also be doing running traing on Wednesday night's location and details from Andy or when you run on Sunday, as it will take place at Greenhill or Southill. I will also be looking at running a swim session on some Saturday's at Osprey Centre at 1100 please let me know if people would be interested as we will need at least 15 people at £3 each to make it possible.

Notes

- Athletes are reminded to wear the appropriate clothing for training that suits the weather conditions. You are also advised to bring a bottle of water.
- The training is open to all club members and will involve running training followed by some land conditioning exercises. Parents are also welcome to join in.
- The training is geared towards athletes training towards the biathle, and biathlon events, but will also be of benefit to swimmers who do not wish to take part in these events. For information and entry forms for above events, contact me for further details.
- The training will be conducted by Michael Flaherty who is the Great Britain Biathle Coach and South West Development officer for Modern Pentathlon. For further details contact me on Tel 01305 759047 or e-mail flaherty121@aol.com, for further details on the training or entry's into events in the area.

