



### TRAINING TIMETABLE



| Day   | Time           | Venue                        |
|---|----------------|------------------------------|
| <b>School Year Reception, 1&amp;2</b>       |                |                              |
| Monday                                      | 17.00 to 18.00 | High Tunstall College        |
| Wednesday                                   | 16.30 to 17.30 | High Tunstall College        |
| <b>School Year 3 &amp; 4</b>                |                |                              |
| Monday                                      | 18.00 to 19.00 | High Tunstall College        |
| Wednesday                                   | 17.30 to 18.30 | High Tunstall College        |
| <b>School Year 5 &amp; 6</b>                |                |                              |
| Tuesday                                     | 17.00 to 18.00 | High Tunstall College        |
| Thursday                                    | 17.00 to 18.00 | High Tunstall College        |
| <b>School Year 7+</b>                       |                |                              |
| Tuesday                                     | 18.00 to 19.00 | High Tunstall College        |
| Thursday                                    | 18.00 to 19.00 | High Tunstall College        |
| <b>JUMP SQUAD (Limited Availability)</b>    |                |                              |
| Tuesday                                     | 17.00 to 18.00 | High Tunstall College        |
| <b>SPRINT SQUAD (Invite Only)</b>           |                |                              |
| Tuesday                                     | 18.00 to 19.00 | High Tunstall College        |
| Thursday                                    | 18.00 to 19.00 | High Tunstall College        |
| <b>DISTANCE SQUAD</b>                       |                |                              |
| Tuesday                                     | 19.00 to 20.00 | High Tunstall College        |
| Thursday                                    | 19.00 to 20.00 | High Tunstall College        |
| <b>HURDLES SQUAD (Limited Availability)</b> |                |                              |
| Thursday                                    | 19.00 to 20.00 | High Tunstall College        |
| <b>DISTANCE SQUAD</b>                       |                |                              |
| Tuesday                                     | 19.00 to 20.00 | High Tunstall College        |
| <b>COMPETITION SQUAD (Invite Only)</b>      |                |                              |
| Friday or Saturday                          | TBC            | Middlesbrough Sports Village |