



# Pre-season Sunday training February-March 2019



***Freshen up your skills for the bush season with some targeted practice on Sunday mornings!***

Focus: Exercises to hone specific skills. No classes or results. No SI.

Time: Briefing at 8 am sharp. Done and dusted ready for a coffee or swim by 9.

Program:

Date	Location	Terrain
3 <sup>rd</sup> February	Stevenson Park, N of cnr Purdue Ave & Stevenson Ave, Mayfield West	Park
10 <sup>th</sup> February	Gregson Park, NW of tennis courts, cnr Lindsay St & Samdon St, Hamilton	Park
17 <sup>th</sup> February	Top of the grassy slope, cnr The Terrace & York Dr, King Edward Park	Park
24 <sup>th</sup> February	Speers Point Park opposite entrance to the pool, Park Rd, Speers Point	Park
3 <sup>rd</sup> March	<i>O'Shea 2 Days, Central Coast. No training.</i>	
10 <sup>th</sup> March	Jesmond Park Playground, off Robinson Ave, Jesmond	Park/Bush
17 <sup>th</sup> March	Braye Park Playground, up the hill from end of Platt St (parking), Waratah	Park/Bush

Equipment: Running gear. Please bring a compass and a pen/pencil. Leg protection is recommended for the last two sessions where there may be some bush.

Difficulty: Experience with at least Moderate courses is recommended. Speed and concentration challenges for all abilities.

Cost: Gold coin donation to cover map printing costs.

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