



SURREY CROSS-COUNTRY ELITE TRAINING DAY - Monday 17th February 2025
 ACS EGHAM INTERNATIONAL SCHOOL, LONDON RD, EGHAM, TW20OHS
DREAM BIG, PLAN SMART, TAKE ACTION AND YOUR BEST PERFORMANCE AWAITS!



Time	<u>U12 MIXED team A</u>	Time	<u>U12 MIXED team B</u>		<u>U13 (28)</u>	<u>(25) JUNIORS</u> <u>+INTERS +SENIORS</u>
9.30 – 10.00	Dining Hall WELCOME: Jeff Manson. Register + COMPLETE MY NATIONAL RACE – Pre Performance Survey.					
10.00– 11.00	Woodlee Sports Centre (left side): Alice Braham. Strengthen your glutes, hamstrings, quads and core.	10.00– 11.00	Fields: Julian Goater. Team Drills & Endurance Work	10.00 – 11.00	Woodlee Sports Centre (Right side): Rodger Hughes Improving running drills	Dance Studio (upstairs): Louise Evans. Developing strength, conditioning speed & Plyometrics
11.00 12.00	Woodlee Sports Centre (Right side): Rodger Hughes Improving running drills	11.00 12.00	Dining Hall: Jo Davies Creating success and confidence with a NATIONAL MINDSET.	11.00 12.00	Dance Studio (upstairs): Louise Evans. Developing strength, conditioning speed & Plyometrics	Woodlee Sports Centre (left side): Alice Braham. Strengthen your Glutes, hamstrings, quads and core.
12.00 - 1.00	Dining Hall: Jo Davies Creating success and confidence with a NATIONAL MINDSET.	12.00 - 1.00	Dance Studio (upstairs): Louise Evans. Developing strength, conditioning speed & Plyometrics	12.00 - 1.00	Woodlee Sports Centre (left side): Alice Braham. Strengthen your glutes, hamstrings, quads and core.	Fields: Julian Goater. Team Drills & Endurance
1.00 –1.30 PM Dining Hall - LUNCH						
1.30- 2.30	Dance Studio (upstairs): Louise Evans Developing strength, conditioning speed & Plyometrics	1.30- 2.30	Woodlee Sports Centre (right side): Rodger Hughes Improving running drills	1.30- 2.30	Fields: Julian Goater. Team Drills & Endurance	Dining Hall: Jo Davies Creating success and confidence with a NATIONAL MINDSET
2.30 3.30	Fields: Julian Goater. Team Drills & Endurance	2.30 3.30	Woodlee Sports Centre (left side): Alice Braham. Strengthen glutes, hamstrings, quads and core.	2.30 3.30	Dining Hall: Jo Davies. Creating success and confidence with a NATIONAL MINDSET.	Woodlee Sports Centre (right side): Rodger Hughes Improving running drills
3.30 – 4.30	Dining Hall – Our guest is Alice Braham, English schools AA 3k Champion (July 1994) and who recently broke the sub 2:40 marathon barrier with a time of 2:39:42 at the Berlin Marathon (September 2024) proves she did it, so can you!					

**** St Peter's Hospital A& E (01932 872000). Guildford Road , Chertsey, Surrey, KT16 0PZ ****