



Good afternoon all,

Please find attached the final version of the plan for the Edinburgh Endurance Sessions for this winter.

Every session will take place on a Saturday and each session will start at 11am sharp.

I believe we see the main purpose of these sessions is to benefit the U20 and senior athletes by bringing them together to train, in order to assist in driving up standards of performance.

However, I do think U17 athletes (or younger) could benefit from the training sessions although they may require some minor modification to make them appropriate (that can be quickly discussed with the coaches on the day/beforehand).

In the week running up to each training session, we will send out a 1 page document with specific details on the upcoming session (Date, time, session, venue, parking, Lead Coach, spikes/not, anything else we think is relevant) this will double up as a reminder and imparting pertinent information to the coaches/athletes.

I would also like to build up an email list of the athletes/coaches attending so any further documents don't need to be forwarded on, but can be sent direct, but we can cross that bridge when we come to it.

From here, I would ask that each of you forward on the email/attachment to any athlete/coach that you think may be interested in these sessions and what we are trying to achieve. We will also post something on the Scottish Athletics website.

While I understand that not all athletes and coaches will be able to attend every session, we will clearly have a bigger impact if as many athletes & coaches as possible attend as often as possible.

I hope we can all gain alot of athletic benefit from the sessions.

Regards,

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