**Manx Harriers Coaching Structure** (all sessions are on the track unless stated otherwise below)

(there is a fee payable to the NSC for use of the track - juniors £2.10, seniors £2.95)

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| Level | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Senior  Expert | **HJ** – 6 to 8pm  **Race Walking (clubhouse)** – 5.30 to 6.30pm  **Social Running Group** **(clubhse)** - 6.30 to 7.30pm | **General Endurance** - 6.00 to 7.30pm  **Horizontal Jumps** – 6.40 to 7.30pm  **Sprints** – 6 to 7.30pm  **Race Walking** **-(clubhouse)** - 6pm to 7.30pm | **Throws** – 5 to 7pm  **HM/Marathon -** 5.45pm Venues to via Whatsapp. | **High Jump** - 6 to 8pm  **Sprints** - 5.30pm to 7pm  **Race walking** **(Track)** - 5 to 6pm | **Pole Vault** – 5 to 7pm | **General Endurance -**  10 to 11.45am  Venue - 495830  **HM/Marathon -**  TT G/stand 9am  **Horizontal Jumps -** 10.30 to 11.30am  **Sprints -** 10 to 11.30am |  |
| U13/15  Developing & Progressing (365) | **Race Walking (clubhouse)–** 5.30 to 6.30pm  **High Jump** – 5 to 6pm | **Horizontal Jumps** – 6.00 to 6.40pm | **Junior Endurance** - 5 to 6pm  **Throws** – 5 to 7pm | **365 T&F (NSC)** – 6 to 8.15pm  **High Jump and Throws** -  7 to 8.15pm  **High Jump** – 5 to 6pm  **Race Walking (Track)** – 5 to 6pm | **Pole Vault** – 5 to 7pm | **General Endurance** –  10 to 11.45  **Horizontal Jumps** – 10.30 to 12 noon  **Junior Race Walking (clubhouse)** - 10 to 11am |  |
| 365  Beginners | **T&F (SNHS Lower School)** -  U9 - 6 to 7pm  U11 - 7 to 8pm  **Cost - £2** |  | **365 Waiting Rm** -  4 to 5pm. If Required over the winter. | **T&F** **(NSC Track)-** U13 - 6 to 7pm  U15 and older -  7 to 8.15pm |  |  |  |

**Notes**

1. **Athlete progression is covered as below –**
2. 365 Programme - Beginners 7 to 11 years
3. Developing and Progressing Programme (365) - 11 years to 15/16 years
4. Expert Programme – 15/16 years Upwards – Seniors/Vets

Movement between levels is based upon age and/or ability of the athlete in question. Decisions to move levels in discussion with coaches.

1. **High Jump – Developing and Progressing Programme (365) -**

Presently we do not have enough coaches to work weekly with younger athletes in this area. Coaching will be available from 7 to 8.15pm for athletes in these areas on the following Thursday evenings –

* 1. Th 26/10 b. Th 29/11 c. Th 17/12

1. **Sprints Expert Programme –**

Some Hurdles work is also done in this programme. Presently it is taken by experienced athletes with coaches present. 16/17 year old athletes are welcome to attend. In order to do this contact Andy Fox on 495830 or andycfox@outlook.com

1. **Contact details for sessions –**

We advise that if you are going to attend a session for the first time you must contact the relevant coach in advance to check this is the best session for you and that there is space for you. Once you have attended and know the session is right for you then discussion can be ongoing with the coaches at the session.

1. 365 Programme – There is a waiting list – contact – Andy Fox – 495830 or [andycfox@outlook.com](mailto:andycfox@outlook.com)
2. Developing & Progressing Programme – Niall McGarrigle – 497473, [mcgarrigle@manx.net](mailto:mcgarrigle@manx.net)
3. Expert Programme – Race Walking –Marie Jackson 470220 or [mariejackson@manx.net](mailto:mariejackson@manx.net) Allan Callow 473354 or [p.n.k.@manx.net](mailto:p.n.k.@manx.net) and Steve Partington 489582 or [steveandcal@manx.net](mailto:steveandcal@manx.net)
4. General Endurance – Andy Fox – 495830/626415, [andycfox@outlook.com](mailto:andycfox@outlook.com)

Sprints and Hurdles - Andy Fox as above

1. Horizontal Jumps – Peter Kaneen - 852884, [pjk@manx.net](mailto:pjk@manx.net) or [bridget@manx.net](mailto:bridget@manx.net)
2. High Jump, Pole Vault and Throws – John Whitlow – 435148, [whitlow.john8@googlemail.com](mailto:whitlow.john8@googlemail.com)
3. Marathon - Nigel Armstrong - 487478, [nigel.armstong@manx.net](mailto:nigel.armstong@manx.net)