

Great Britain Winter Athletics Camp

Hosted by Athletes In Schools

Time: 9:00 am –1:00 pm daily



Time	Day 1	Day 2	Day 3
9:00 –9:15	Welcome & Dynamic Warm-Up	Warm-Up & Mobility Drills	Warm-Up & Review of Previous Days
9:15 –10:00	Sprint Technique & Acceleration Drills	Hurdles & Speed Endurance	Javelin Technique & Approach Work
10:00 –10:15	Morning Break	Morning Break	Morning Break
10:15 –11:30	Long Jump & Plyometrics	Middle Distance & Endurance Training	High Jump Drills & Progressions
11:30 –12:00	Lunch Break	Lunch Break	Lunch Break
12:00 –12:45	Shot Put Technique & Throws Practice	Sprint Starts & Relay Changeovers	Mini Athletics Meet / Fun Competition
12:45 –1:00	Cool Down & Debrief	Cool Down & Debrief	Awards Ceremony & Closing Session

All sessions led by Team GB & British Athletics accredited coaches.
Bring trainers, warm layers, water bottle, and packed lunch.

Certificates & awards presented on Day 3.

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