



Track & Field – Free Virtual Training Plans **Starting May 15, 2020**

Starting on May 15, the Saint John Track Club will provide weekly training plans for athletes looking to train during the COVID-19 pandemic as we prepare to return to regular training sometime in the future.

We will offer virtual training at no charge. This training option will continue until the Province of NB allows actual training in groups to occur, and facilities become available.

Athletes can choose from the following training groups, and coaches will divide up to support the groups based on the numbers of registrants.

- Sprint/Speed-Power
- Endurance
- Throws
- Jumps
- Junior Development – Ages 9-13 (younger athletes looking for general training)

The training will be more general fitness making use of strength, speed and endurance training options available at home until facilities reopen. It may also provide some group training opportunities via Zoom or another video platform.

FREE Online Registration at the link below...

www.TrackieReg.com/VIRTUAL2020SJTC

As training options change during the Pandemic recovery, we will expand our offerings until group programming can be offered at the track again.

For more info, contact:

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