



West Suffolk AC Beach Training Day

Tania Spurling, Fraser Watts, Ellie Dewild, Chelsea Wade, Emily Rogers, Beth Wade and Steve Smith travelled to Winterton On Sea for a tough day of training (whilst topping up their tans in the sunshine!) Winterton has a quiet sandy beach, with plenty of sand dunes providing an ideal environment for beach training.

The day, which was funded through the club's Sport England Grant, aims to support and reward club athletes in Under 17 age groups upwards for their commitment & dedication to the club.

First off, it was onto the beach and shoes and socks off ready for training. We started the day with what was supposed to be a 20 minute warm-up run although even this was challenging in barefoot along the sand.



We then headed up to the sand dunes and identified some circuits through the dunes for a series of relays of varying distances. Our rest then consisted of a 15 minutes walk along the beach to find the 'big dipper' sand dune. The sand dune wasn't too far off being a vertical slope of soft sand and if ever you want a training session to test leg strength this is the place to go! For part of our acceleration and strength training it was repetitions of sprints up the dune, and then running back down whilst trying to stay on your feet!



Then came a well deserved rest and lunch break, where Ellie managed to find possibly the biggest Belgium bun in existence to replenish some energy stores ready for the afternoon's session. After lunch, we went onto the beach for running drills, sprint relays, including some backwards running resulting in several falls (Beth winning most dramatic fall of the day!) and a bounding session which was a great resistance session for all athletes.



The day concluded with a game of ultimate Frisbee which on the sand was a tough endurance session. The team of Ellie, Chelsea and Fraser (our Ultimate Frisbee expert) took a 4-2 win against Tania, Em, Steve and Beth.



'Clown of the day': Chelsea Wade

Best fall of the day: Beth Wade

Strawberry lace eating winner: Fraser Watts

