

Illawong Coaches

Max Wilkinson

Coaching level: Level 4

Experience: 15 years for the Illawong Club, Endeavour Sports High (5 years), Westfields Sports High (10 years) & Waverley College (3 years).

Areas of speciality: Sprints, Hurdles & Relays – Middle & Long Distance, Young Athletes.

Times and location of coaching sessions:

Monday	6.30pm – 8.30pm	General Speed/Condition	The Ridge
Tuesday	4.30pm - 6.00pm	Weights Training	Menai High
Wednesday	6.30pm – 8.30pm	General speed/condition	The Ridge
Thursday	10.30am – 12.pm	Weights Training	The Ridge
Saturday	9.30am – 11pm	Speed Training	The Ridge
Sunday	9am – 10.15am	Sprint Hurdles Training	The Ridge
Sunday	10.15am- 11.45am	400m Hurdles Training	The Ridge
Sunday	12noon- 1.15pm	Weights Training	The Ridge

Age Groups: 13 years Upwards

What it costs: \$150 per quarter

About my squad:

Over the years I have coached a lot of athletes from region athletes all the way up to national champions. The focus is on each athlete continuing to run personal bests.

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