



Inside an England training session

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Young athletes from the England performance pathway had an inside track to what it takes to reach the top as they watched an elite training session online.

Around 50 players from the pathway saw, via Zoom, how the likes of Liam Pitchford, Paul Drinkhall, Sam Walker, Tin-Tin Ho and Denise Payet sharpen their fitness and skills during the session from the University of Nottingham.

Tom Jarvis and David McBeath were also going through their paces as they step up their recovery from injury.

You can watch the session below:

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