

DAC Senior Training Plan - July

Day and Time	Tuesday 6:45pm			Wednesday/ Competitions	Thursday 6:45pm			Saturday/Sunday, Competitions
Group/Coach	Group 1 Emma	Group 2 Brian	Group 3 Mark		Group 1 Emma	Group 2 Brian	Group 2 Mark D	10am Sunday
02/07/24	Senior Handicap				Steady Run 4-5 Miles	Steady Run 5-6 Miles	Steady Run 6-7 Miles	7th July, Great North 10K
09/07/24	Steady Run 4-5 Miles	Steady Run 5-6 Miles	Long Run 8-9 Miles		Track Session			
16/07/24	Steady Run 4-5 Miles	Steady Run 5-6 Miles	Steady Run 6-7 Miles		Durham City 10K			
					Steady Run 5-6 Miles			
23/07/24	½ Mile Intervals x 5/6				Steady Run 4-5 Miles	Steady Run 5-6 Miles	Steady Run 6-7 Miles	
30/07/24	Kenyan Hills Session 40 Minutes				Steady Run 4-5 Miles	Steady Run 5-6 Miles	Steady Run 6-7 Miles	