

DAC Senior Training Plan – August 2024

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
06/08/24	Senior Handicap				Steady Run 4-5 Miles	Steady Run 5-6 Miles		
13/08/24	Steady Run 4-5 Miles	Steady Run 5-6 Miles			Track Session			
20/08/24	Half Mile Intervals X % Efforts				Steady Run 4-5 Miles	Steady Run 5.6 Miles	Steady Run 7-9 Miles	Saturday 24th August, Stanhope 10 Mile Gateshead Trail 10k
27/08/24	Steady Run 4-5 Miles	Steady Run 5-6 Miles	Steady Run 6-7 Miles		Kenyan Hills Session 40 Minutes			Sunday 1st September Sunderland Open Cross Country Races