

DAC Senior Training Plan - October 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
01/10/24	Senior Handicap Winter Route 4.5 Miles				Steady Run 4-5 Miles	Steady Run 5-6 Miles	Steady Run 6-7 Miles	
08/10/24	Steady Run 4-5 Miles	6 x 2 Minute Intervals (No Brian Tonight)			Steady Run 4-5 Miles	Steady Run 5-6 Miles	Steady Run 5-6 Miles	Sunday 13th October NEHI, Druridge Bay
15/10/24	Kenyan Hills Session 40 Minutes			16th October Committee Meeting	Steady Run 4-5 Miles	Steady Run 5-6 Miles	Steady Run 6-7 Miles	Sunday 20th October Lambton Estate Yorkshire Marathon Good Luck Gillian and Mark
22/10/24	Steady Run 4-5 Miles	Steady Run 5-6 Miles	Steady Run 5-6 Miles		Steady Run 4-5 Miles	Concertina Hills session 3 x 3 Hills		

29/10/24 (Half Term Week)	Lamppost Session 4,6,8,6,4		Steady Run 4-5 Miles	Steady Run 5-6 Miles	Head Torch Run 6-7 Miles	3rd November Wooler 1/2 Marathon Trail Race
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