

5th June to 20th July 2023

Mondays

Week Beginning	05/06/23	12/06/23	19/06/23	26/06/23	03/07/23	10/07/23	17/07/23
Brian Red Tony & Victoria Blue Mark Green	Monday	Monday	Monday	Monday	Monday CDAN Meeting 7:30pm	Monday	Holiday
Warm-up	Hounds and Hares	Rock, Paper, Scissors	Abandon Ship	Coloured Squares	Dynamic Bull Dog	Shark Attack	Hounds and Hares
Brian and Mark	Agility Hurdles, Figure of 8's,	Co-ordination Heel Flicks, High Knees, Straight Leg Drives, Side Steps, Lunges, Carioca	Agility, Slalom Running, Hurdles etc	Co-ordination Heel Flicks, High Knees, Straight Leg Drives, Side Steps, Lunges, Carioca	Agility Slalom running, hurdles etc	Co-ordination Heel Flicks, High Knees, Straight Leg Drives, Side Steps, Lunges, Carioca	
	High Jump	Sprints/ Acceleration Runs	Throws, Shot Put/ Hammer	Junior Handicap	Long Jump	Sprints/ Acceleration Runs	Junior Handicap
Tony and Victoria	Agility Hurdles etc	Coordination Heel Flicks, High Knees, Straight Leg Drives, Side Steps, Lunges, Carioca	Agility, Slalom Running, Spotty Dogs, Hurdles etc	Coordination Heel Flicks, High Knees, Straight Leg Drives, Side Steps, Lunges, Carioca	Agility, Slalom running, Hurdles etc	Coordination Heel Flicks, High Knees, Straight Leg Drives, Side Steps, Lunges, Carioca	
	Throws-Javelin or Vortex Howler	Long Jump	Sprints and Hurdles,	Junior Handicap	Throws-Shot Put	Long Jump	Junior Handicap
Equipment	High Jump Beds and Stands etc, Javelins, Tape Measures,	Cones, Stopwatch, Rake, Spade, Brush, Tape Measure,	Shot Putt's, Hammers, Tape Measure, Hurdles,	Cones, Stopwatch, etc	Rake, Spade, Brush, tape measure, agility hurdles,	Agility Hurdles, Cones, Hurdles, Batons, Tape	

	Agility Hurdles, cones, Vortex Howlers, bibs	Starting Blocks etc	Agility Hurdles, cones etc		cones, Shot Puts	Measure, Rake, Spade, Brush etc	
Wednesdays Brian	Track Session 6 to 7pm	Track Session 6 to 7pm Coaches and Volunteers Meeting 7:30pm	Track Session 6 to 7pm	Track Session 6 to 7pm	Track Session 6 to 7pm	Track Session 6 to 7pm	Track Session 6 to 7pm

Thursdays

	08/06/23	15/06/23	22/06/23	29/06/23	06/07//23	13/07/23	20/07/23
Brian Red Mark Green	Thursday	Thursday	Thursday	Thursday	Thursday	Thursday	Thursday
Warm-up	Shark Attack	Dynamic Bulldog	Coloured Squares	Rock, Paper, Scissors	Hounds and Hares	Abandon Ship	Coloured Squares
Brian and James	Agility Hurdles, Slalom Running etc	Coordination Heel Flicks, High Knees, Straight Leg Drives, Side Steps, Lunges, Carioca	Agility Hurdles, Slalom Running	Coordination Heel Flicks, High Knees, Straight Leg Drives, Side Steps, Lunges, Carioca	Agility Hurdles, Slalom Running	Coordination Heel Flicks, High Knees, Straight Leg Drives, Side Steps, Lunges, Carioca	Agility Hurdles, Slalom Running
	Discus/ Javelin	Long Jump	Sprint starts, acceleration runs, hurdles ect	Throws, Vortex Howler, Javelin	Sprint Starts/, Hurdles/ Acceleration Runs, Baton Changing	Throws- Javelin or Discus	Resistance and Agility
Mark and Antonio	Agility Hurdles, Slalom Running etc	Coordination Heel Flicks, High Knees, Straight Leg Drives, Side Steps, Lunges, Carioca	Agility Hurdles, Slalom Running	Coordination Heel Flicks, High Knees, Straight Leg Drives, Side Steps, Lunges, Carioca	Agility Hurdles, Slalom Running	Coordination Heel Flicks, High Knees, Straight Leg Drives, Side Steps, Lunges, Carioca	Agility Hurdles, Slalom Running
	Sprints and Hurdles	Obstacle Races/ relays	Throws Shot Put/ relays etc	Long Jump	Throws, Vortex Howler	Sprints and Hurdles	Long Jump
Equipment	Discus, Tape Measure, Cones, Agility	Hurdles, Cones, Tape Measure, Rake, Spade,	Agility Hurdles, Cones, Starting	Vortex Howlers, Javelin, Tape Measure,	Tape Measure, Vortex Howlers,	Javelins, Discus, Tape Measure, Hurdles,	Tape Measure, Rake, Spade,

	Hurdles, Hurdles	Brush, hoops etc	blocks, hurdles, Shot Putt's, Tape Measure, Batons etc	cones, Rake, Spade, Brush, Tape Measure	Cones, Batons, Hurdles, Starting Blocks	Starting Blocks, Batons, Hurdles	Brush, Cones, Agility Hurdles, Stopwatch
Saturday/ Sunday Events and Additional Sessions	Saturday 10th June Durham Schools County Championships	Saturday 17th June Northern Inter counties, Gateshead	Sunday 25th June, NEYDL, Monkton	Sunday 2nd July, DABGC Athletics Championships, Shildon	Sunday 9th July, CDAN Andy Billett Summer Athletics Festival	Sunday 16th July, NEYDL, Shildon	