

**Junior Training Plan April to May 2024**

Date	Mondays		Tuesdays	Wednesdays	Thursdays		Saturday/ Sunday
	Track	Field	Senior Session LB	Track Session Riverside	Track	Field	Competitions
01/04/24	<b>Bank Holiday No Session</b>		Summer Handicap	Drills, Sprint starts and Paarluff	Shot Put/ Throws Session		
08/04/24	High Jump Session		½ Mile Intervals x 5	Drills, Sprint Starts and Speed Pyramid Session	Sprints/ Baton Changing		<b>13th April, NEHI, Thornley 14th April Kieran Maxwell Open, Middlesbrough</b>
15/04/24	Sprints/ Hurdles	Long Jump	Kenyan Hills	Drills, Sprint starts and Endurance Pyramid	Javelin/ Vortex Howler	Discus	<b>21st April NEYDL, Monkton</b>
22/04/24	Endurance Session Pacing	Shot Put	Steady Run 6-7 Miles	Drills, Sprint Starts and Intervals 2 sets of 5 x 1 minutes	Sprints and Hurdles/ Agility Session	Long Jump	<b>28th April, CDAN Spring Athletics Festival, Shildon</b>
29/04/24	Junior Handicap 1000/2000m		Steady Run 6-7 Miles	Drills, Sprint starts and Paarluff	Endurance Intervals	Javelin	
06/05/24	<b>Bank Holiday No Session</b>		Senior Handicap	Drills, Sprint Starts and Speed Pyramid Session	Sprints/ hurdles	Shot Put	<b>11th &amp; 12th May, NECAA Track and Field Championships ,Middlesbrough</b>
13/05/24	Sprints	High Jump		Drills, Sprint starts and Endurance Pyramid	Discus	Long/ Triple Jump	<b>19th May, NEYDL Shildon</b>
20/05/24	Junior Handicap 1000/2000m			Drills, Sprint Starts and	Agility/ Resistance	Javelin	

			Intervals 2 sets of 5 x 1 minutes	Session		
27/05/24	<b>Bank Holiday No Session</b>		Drills, Bend Running	High Jump Session		