

**DAC Juniors - Sample Winter Training Plan**

Date	Mondays		Wednesdays	Thursdays		Saturday/ Sunday
	Outdoors	Indoors		Outdoors	Indoors	
21/10/24	Quadrathlon			Circuit Training		
28/10/24	Speed Endurance	Speed and agility	Hill Reps, 4 x 3 Sets Each Hill should be at least 30 seconds long	Reversa Boards Relays		CDAN Sports Hall Athletics Competition, Newton Aycliffe Sunday 3rd November
04/11/24	Circuit Training		Intervals 6 x 1 minute	Quadrathlon		
11/11/24	Hill Reps	Throws	Steady Run 30 minutes	Circuit Training		
18/11/24	Circuit Training		Hill Reps 4 x 3 Sets Each Session should be 30 seconds long	Speed and Agility		NEHL, Eltringham Farm, Saturday, 23rd November
25/11/24	Steady Run	Jumps	Intervals 4 x 1 minute x 2 sets	Circuit Training		
02/12/24	Speed session	Pacing/ Relays	Hill Reps 4 x 4 Sets Each hill should be 30 seconds long	Throws/ Medicine Ball work		
09/12/24	Quadrathlon		Steady Run 30 minutes	Speed and Agility		Saturday 14th December, NECAA Championships, Temple Park, South Shields
16/12/24	Obstacle Relays		Intervals 4 x 1 Minute x 3 sets	Games Night		

