



BDAC

TRAINING TIMES

April 2018 onwards

TUESDAY EVENING TRAINING

6.00 – 7.00 ENDURANCE

6.00 – 7.00 LONG JUMP

6.00 – 7.00 HIGH JUMP

6.00 – 7.00 SHOT

6.00 – 7.00 DISCUS (U13+) & HAMMER (U15+) – AWAITING REPAIRS

6.00 - 7.00 ALL ROUND TRAINING (school years 5 & below)

7.00 – 8.00 ENDURANCE

7.00 – 8.00 JAVELIN

7.00 – 8.00 TRIPLE JUMP (Age 13+)

7.00 – 8.00 SPRINTS

7.15 – 8.15 ADULT ENDURANCE

7.15 – 8.15 5k and 10k ROAD RUN (all abilities, see Website/Training)

THURSDAY EVENING TRAINING

6.30 – 7.30 POLE VAULT (U13+ wishing to compete)

6.30 – 7.30 ENDURANCE

6.30 – 7.30 SPRINTS

6.30 – 7.00 HIGH JUMP

7.00 – 8.00 LONG JUMP

7.00 – 7.30 INDOOR CORE TRAINING

7.00 – 8.00 “NEW TO RUNNING” ADULT ENDURANCE

7.00 – 8.00 JAVELIN

7.00 – 8.15 SPRINTS

7.30 – 8.30 HURDLES (U13+ starts April 12th 2018) but see below

7.30 – 8.30 ADULT ENDURANCE

7.30 – 8.30 TECHNICAL RUNNING (regular & experienced runners)

These are the “open to all members” sessions. There may be additional sessions outside of these times for specific coaches’ training groups.

Hurdles: Athletes must not have attended a running session prior to Hurdles (although throws or jumps are OK). This is for the welfare of the athletes as a hard running session before may cause fatigue with the risk of injury from a serious fall.

Please note that these may be subject to change due to unforeseen circumstances.