



BDAC

TRAINING TIMES

2017 / 2018

TUESDAY TRAINING

6PM – 7PM ENDURANCE

6PM – 7PM LONG JUMP

6PM – 7PM SHOT

6PM – 7PM DISCUS (U13+) & HAMMER (U15+)

6PM - 7PM ALL ROUND TRAINING (school years 5 & below)

7PM – 8PM ENDURANCE

7PM – 8PM JAVELIN

7PM – 8PM TRIPLE JUMP (Age 13+)

7PM – 8PM HIGH JUMP (start date not yet available)

7PM – 8PM SPRINTS

7.15PM – 8.15PM ADULT ENDURANCE

7.15PM – 8.15PM 5k and 10k ROAD RUN (all abilities)

THURSDAY TRAINING

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

6.30 – 7.30 ENDURANCE

6.30 – 7.30 SPRINTS

6.30 – 7.30 LONG JUMP (starts around April 2018)

7PM – 7.30PM INDOOR CORE TRAINING

7PM – 8PM “NEW TO RUNNING” ADULT ENDURANCE

7PM – 8PM JAVELIN

7PM – 8.15 SPRINTS

7.30 – 8.30 HIGH JUMP (start date not yet available)

7.30 – 8.30 HURDLES (U13+ starts April 5th 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.