



Magill Little Athletics Training Schedule



Day:	Date:	Event:	Coach:	Time:
	October 2017:			
Thursday	5th October 2017	Sprints	Shane Danaher	5.15pm - 6pm
		Discus	Al Dundas	
Tuesday	10th October 2017	Long Jump	Shane Danaher	5.15pm - 6pm
		Shot Put	Al Dundas	
Monday	16th October 2017	Hurdles	Dave Cardone	5.30pm - 6.30pm
Thursday	19th October 2017	Walks	Shane Danaher	5.15pm - 6pm
		High Jump	Cathy Sellars	5pm - 6pm
Thursday	26th October 2017	Middle/Long Distance running	Shane Danaher	5.15pm - 6pm
Monday	30th October 2017	Triple Jump	Dave Cardone	5.30pm - 6.30pm
	November 2017:			
Thursday	2nd November 2017	Sprints	Shane Danaher	5.15pm - 6pm
		Javelin	Al Dundas	
Tuesday	7th November 2017	Discus	Al Dundas	5.15pm - 6pm
Monday	13th November 2017	Sprints	Dave Cardone	5.30pm - 6.30pm
Thursday	16th November 2017	High Jump	Cathy Sellars	5pm - 6pm
Thursday	23rd November 2017	Middle/Long Distance Running	Shane Danaher	5.15pm - 6pm
Thursday	30th November 2017	Walks	Shane Danaher	5.15pm - 6pm
		Long Jump	Al Dundas	
	December 2017:			
Tuesday	5th December 2017	Shot Put	Al Dundas	5.15pm - 6pm
Monday	11th December 2017	Hurdles	Dave Cardone	5.30pm - 6.30pm
Thursday	14th December 2017	Sprints	Shane Danaher	5.15pm - 6pm
		Javelin	Al Dundas	



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	January 2018:			
Tuesday	9th January 2018	Sprints	Shane Danaher	5.15pm - 6pm
Tuesday	16th January 2018	Hurdles	Dave Cardone	6pm - 7.15pm
		Long Jump	Al Dundas	
Tuesday	23rd January 2018	Middle/Long Distance Running	Shane Danaher	5.15pm - 6pm
		Discus	Al Dundas	
	February 2018:			
Thursday	1st February 2018	Relay teams	Shane Danaher	5pm - 6pm
		Javelin	Al Dundas	
Tuesday	6th February 2018	Relay Teams	Shane Danaher	5pm - 6pm
Thursday	8th February 2018	Relay Teams	Shane Danaher	5pm - 6pm
Tuesday	13th February 2018	Sprints	Dave Cardone	6pm - 7.15pm
Thursday	15th February 2018	High Jump	Cathy Sellars	5pm - 6pm
Tuesday	20th February 2018	Triple Jump	Dave Cardone	6pm - 7.15pm
Thursday	22nd February 2018	Middle/Long Distance Running	Shane Danaher	5.15pm - 6pm
	March 2018:			
Thursday	1st March 2018	Walks	Shane Danaher	5.15pm - 6pm
		Shot Put	Al Dundas	
Tuesday	6th March 2018	Hurdles	Dave Cardone	6pm - 7.15pm
Thursday	8th March 2018	High Jump	Cathy Sellars	5pm - 6pm
Tuesday	13th March 2018	Long Jump	Dave Cardone	6pm - 7.15pm
Thursday	15th March 2018	Sprints	Shane Danaher	5.15pm - 6pm
		Discus	Al Dundas	
Tuesday	20th March 2018	Middle/Long Distance Running	Shane Danaher	5.15pm - 6pm
Thursday	22nd March 2018	High Jump	Cathy Sellars	5pm - 6pm