



Magill Little Athletics Centre Training Schedule Season 2018/2019



Day:	Date:	Event:	Coach:	Time:
October 2018:				
Friday	5 th October 2018	Conditioning Drills (School Holidays session)	Shane Danaher	4pm – 5pm
Tuesday	9 th October 2018	**Relay work (School Holidays session)	Shane Danaher	4pm – 5pm
		Shot Put	Al Dundas	5pm – 6pm
Monday	15 th October 2018	Hurdles	Dave Cardone	5.30pm - 6.15pm
Thursday	18 th October 2018	High Jump	Cathy Sellars	5pm - 6pm
		**Relay work	Shane Danaher	6.15pm – 7pm
Thursday	25 th October 2018	Discus	Al Dundas	5.15pm - 6pm
Monday	29 th October 2018	Triple Jump	Dave Cardone	5.30pm - 6.15pm
November 2018:				
Thursday	1 st November 2018	Javelin	Al Dundas	5.15pm - 6pm
		**Relay work	Shane Danaher	6.15pm – 7pm
Monday	12 th November 2018	Sprints	Dave Cardone	5.30pm - 6.15pm
Thursday	15 th November 2018	High Jump	Cathy Sellars	5pm - 6pm
		**Relay work	Shane Danaher	6.15pm – 7pm
Thursday	22 nd November 2018	Long Jump	Al Dundas	5.15pm – 6pm
Monday	26 th November 2018	Hurdles	Dave Cardone	5.30pm - 6.15pm
Thursday	29 th November 2018	High Jump	Cathy Sellars	5pm – 6pm
		**Relay work	Shane Danaher	6.15pm – 7pm
December 2018:				
Thursday	6 th December 2018	Shot Put	Al Dundas	5.15pm - 6pm
Thursday	13 th December 2018	Javelin	Al Dundas	5.15pm - 6pm
		Sprints	Shane Danaher	6.15pm – 7pm



Magill Little Athletics Training Schedule



	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