



Magill Little Athletics Training Schedule



	January 2019:			
Wednesday	16th January 2019	Sprints	Shane Danaher	4pm – 4.45pm
Monday	21 st January 2019	Hurdles	Dave Cardone	5.30pm – 6.15pm
Wednesday	23rd January 2019	Middle/Long Distance Running	Shane Danaher	4pm – 4.45pm
Thursday	24 th January 2019	Discus	Al Dundas	5.15pm – 6pm
Thursday	31 st January 2019	High Jump U/11+	Cathy Sellars	5pm - 6pm
	February 2019:			
Tuesday	5th February 2019	Long Jump	Shane Danaher	6.15pm – 7pm
Thursday	14 th February 2019	High Jump U/9's – U/10's	Cathy Sellars	5pm – 5.30pm
		High Jump U/11+	Cathy Sellars	5.30pm – 6.15pm
		Javelin	Al Dundas	5.15pm – 6pm
Monday	18th February 2019	Triple Jump	Dave Cardone	5.30pm – 6.15pm
Thursday	21st February 2019	Middle/Long Distance Running	Shane Danaher	6.15pm – 7pm
Thursday	28 th February 2019	Sprints	Shane Danaher	6.15pm – 7pm
		Shot Put	Al Dundas	5.15pm – 6pm
	March 2019:			
Monday	4 th March 2019	Hurdles	Dave Cardone	5.30pm – 6.15pm
Tuesday	5 th March 2019	Walks	Shane Danaher	5.15pm - 6pm
Thursday	7th March 2019	High Jump U/11+	Cathy Sellars	5pm – 6pm
Thursday	14 th March 2019	Javelin	Al Dundas	5.15pm – 6pm
Monday	18th March 2019	Hurdles	Dave Cardone	5.30pm – 6.15pm
Thursday	21 st March 2019	High Jump U/9 – U/10	Cathy Sellars	5pm – 5.30pm
		High Jump U/11+	Cathy Sellars	5.30pm – 6.15pm
		Discus	Al Dundas	5.15pm – 6pm
		Sprints	Shane Danaher	6.15pm – 7pm