

MLAC Track & Field Training Sessions – January 2021 – March 2021

Warm ups: 5.30pm – 5.40pm & Cool Downs: 6.25pm – 6.30pm

Discipline Training between 5.40pm – 6.25pm

**** When training is cancelled due to weather/unforeseen reasons, this will be advised on the Facebook page.**

| Training Session Date: | Event: |
|--------------------------------|--|
| 14 th January 2021 | Sprints – Shane Danaher High Jump (Scissor) – Rebecca Hunter Shot Put – Al Dundas |
| 21 st January 2021 | MLD running – Shane Danaher High Jump (Flop) – Rebecca Hunter Javelin – Al Dundas |
| 28 th January 2021 | Hurdles – Shane Danaher Long Jump – Rebecca Hunter Discus – Al Dundas |
| 4 th February 2021 | Running Technique – Shane Danaher High Jump (Flop) – Rebecca Hunter Javelin – Al Dundas |
| 11 th February 2021 | Triple Jump – Shane Danaher High Jump (Scissor) – Rebecca Hunter Javelin – Al Dundas |
| 18 th February 2021 | Walks – Shane Danaher Long Jump – Rebecca Hunter Shot Put – Al Dundas |
| 25 th February 2021 | MLD running – Shane Danaher High Jump (Flop) – Rebecca Hunter Discus – Al Dundas |
| 4 th March 2021 | Sprints - Shane Danaher Triple Jump – Rebecca Hunter Shot Put – Al Dundas |
| 11 th March 2021 | Speed Endurance – Shane Danaher Javelin – Al Dundas High Jump (Scissor)– Rebecca Hunter |
| 18 th March 2021 | Hurdles – Shane Danaher High Jump – (Flop) – Rebecca Hunter Discus – Al Dundas |