

Dacorum & Tring AC Middle Distance Squad

Winter Training and Racing Plan: Buildup to County CC Championships 2019

Week Ending SATURDAY	Tuesday	Thursday	Saturday	Sunday
1 December	Track Session	Track Session	Chiltern League (Luton)	
8 December	Track Session	Track Session	SEAA Inter Counties Champs (Oxford) *	
			Grass Session (St Albans) 9:30	
15 December	Track Session	Track Session	Grass Session (St Albans) 9:30	
22 December	Track Session	Track Session		
29 December	Xmas Day	THURSDAY, 27 DECEMBER Grass Session (St Albans) 9:30		SUNDAY, 30 DECEMBER Grass Session (St Albans) 9:30
5 January		WEDNESDAY, 2 JANUARY Grass Session (St Albans) 9:30		SUNDAY, 6 JANUARY County Champs ((St Albans)