

Mallow AC training schedule

Mallow AC organize several training sessions during a typical week for members.

Tuesday and Thursday nights at 7pm sharp. Saturday 8.30 in Doneraile park. Sunday morning 9am in from the roundabout tavern.

Saturday and Sunday morning runs are subject to change depending of weekend events.

Our Sunday morning session is geared to long distance running.

Distances range between 7 and 20 miles depending on the time of year.

Saturday morning is geared more towards hill sessions. Sessions decided on the morning.

The most up to date information on these runs can be found on our face book page

<https://www.facebook.com/groups/113447705356037/>

	Tue			Thur
	04-Apr			06-Apr
<i>Trainer</i>	Nick		<i>Trainers A group</i>	Sharron / Aoife
<i>Buddy</i>	Barbara		<i>Trainer B group</i>	Pa
<i>Location</i>	Town Park		<i>Location</i>	Town Park
	Tue			Thur
	11-Apr			13-Apr
<i>Trainer</i>	Noel		<i>Trainers A group</i>	Sharron / Aoife
<i>Buddy</i>	Pa		<i>Trainer B group</i>	Helena
<i>Location</i>	Town Park		<i>Location</i>	Town Park
	Tue			Thur
	18-Apr			20-Apr
<i>Trainer</i>	Paudie		<i>Trainers A group</i>	Sharron / Aoife
<i>Buddy</i>	Christine		<i>Trainer B group</i>	Nick
<i>Location</i>	Town Park		<i>Location</i>	Doneraile Park
	Tue			Thur
	25-Apr			27-Apr
<i>Trainer</i>	Mick Clancy		<i>Trainers A group</i>	Sharron / Aoife
<i>Buddy</i>	Helena		<i>Trainer B group</i>	Noel
<i>Location</i>	Doneraile		<i>Location</i>	Town Park
	Tue			Thur
	02-May			04-May
<i>Trainer</i>	Peadar		<i>Trainers A group</i>	Sharron / Aoife
<i>Buddy</i>	Brendan		<i>Trainer B group</i>	Paudie
<i>Location</i>	Town Park		<i>Location</i>	Doneraile Park
	Tue			Thur
	09-May			11-May
<i>Trainer</i>	Paudie		<i>Trainers A group</i>	Sharron / Aoife
<i>Buddy</i>	Helena		<i>Trainer B group</i>	Mick Clancy
<i>Location</i>	Doneraile		<i>Location</i>	Town Park
	Tue			Thur
	16-May			18-May
<i>Trainer</i>	Pa		<i>Trainers A group</i>	Sharron / Aoife
<i>Buddy</i>	Nick		<i>Trainer B group</i>	Peadar
<i>Location</i>	Doneraile		<i>Location</i>	Town Park
	Tue			Thur
	23-May			25-May
<i>Trainer</i>	Christine			No club session
<i>Buddy</i>	Noel			
<i>Location</i>	Town Park			
	Tue			Thur
	30-May			01-Jun
<i>Trainer</i>	Helena		<i>Trainer</i>	Noel
<i>Buddy</i>	Paudie		<i>Buddy</i>	Pa
<i>Location</i>	Doneraile		<i>Location</i>	Town Park

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	Tue			Thur
	06-Jun			08-Jun
<i>Trainer</i>	Barbara		<i>Trainer</i>	No club session
<i>Buddy</i>	Mick Clancy		<i>Buddy</i>	
<i>Location</i>	Town Park		<i>Location</i>	
	Tue			Thur
	13-Jun			15-Jun
<i>Trainer</i>	Nick		<i>Trainer</i>	Sharron
<i>Buddy</i>	Peadar		<i>Buddy</i>	Christine
<i>Location</i>	Doneraile		<i>Location</i>	Town park
	Tue			Thur
	20-Jun			22-Jun
<i>Trainer</i>	Noel		<i>Trainer</i>	No club session
<i>Buddy</i>	Paudie		<i>Buddy</i>	
<i>Location</i>	Town Park		<i>Location</i>	
	Tue			Thur
	27-Jun			29-Jun
<i>Trainer</i>	Paudie		<i>Trainer</i>	Aoife
<i>Buddy</i>	Pa		<i>Buddy</i>	Brendan
<i>Location</i>	Doneraile		<i>Location</i>	Town Park
	Tue			Thur
	04-Jul			06-Jul
<i>Trainer</i>	Mick Clancy		<i>Trainer</i>	No club session
<i>Buddy</i>	Christine		<i>Buddy</i>	
<i>Location</i>	Town Park		<i>Location</i>	
	Tue			Thur
	11-Jul			13-Jul
<i>Trainer</i>	Peadar		<i>Trainer</i>	Pa
<i>Buddy</i>	Helena		<i>Buddy</i>	Barbara
<i>Location</i>	Doneraile		<i>Location</i>	Town Park
	Tue			Thur
	18-Jul			20-Jul
<i>Trainer</i>	Sharron		<i>Trainer</i>	No club session
<i>Buddy</i>	Brendan		<i>Buddy</i>	
<i>Location</i>	Town Park		<i>Location</i>	
	Tue			Thur
	25-Jul			27-Jul
<i>Trainer</i>	Helena		<i>Trainer</i>	Peadar
<i>Buddy</i>	Nick		<i>Buddy</i>	Paudie
<i>Location</i>	Town Park		<i>Location</i>	Doneraile Park