



DULEEK & DISTRICT ATHLETIC CLUB

Duleek & District AC

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Duleek & District
Athletic Club

Mission

To support and promote athletics in a safe, fun and positive environment; where equality, positive reinforcement and sportsmanship are our focus.

Vision

An excellent community-orientated club, providing first-class amenities, training and support; grounded in mutual respect and fostering a legacy of memorable experiences shared by all involved.

Values

- * Fun *
- * Respect & Equality *
- * Excellence *
- * Pride *
- * Inclusivity *
- * Integrity *
- * Trust *
- * Sustainability *

10 Km 5 Week Training Plan

Week 1

DATE: _____

Mon – Track / 6 Km

Thurs – Club Session (6 Km)

Sat – 7 Km

Week 2

DATE: _____

Mon – Track / 7 Km

Thurs – Club Session (7 Km)

Sat – 7 Km

Week 3

DATE: _____

Mon – Track / 8 Km

Thurs – Club Session (8 Km)

Sat – 8 Km

Week 4

DATE: _____

Mon – Track / 9 Km

Thurs – Club Session (9 Km)

Sat – 9 Km

Week 5

DATE: _____

Mon – Track / 8 Km

Thurs – Club Session (5 Km)

Sat / Sun – Race Day

GOOD LUCK!!