



# DULEEK & DISTRICT ATHLETIC CLUB

## Duleek & District AC

C/O 60 Ashvale Court  
Station Road  
Duleek  
Co. Meath

### Phone

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### Email

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### Website

[www.duleekac.ie](http://www.duleekac.ie)

### Facebook Page

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 \*

## MARATHON - 20 Week Training Plan

### Week 1

DATE: \_\_\_\_\_

**Mon** – Track / 6 Miles  
**Thurs** – Club Session  
**Sat** – 10 Miles

### Week 8

DATE: \_\_\_\_\_

**Mon** – Track / 6 Miles  
**Thurs** – Club Session  
**Sat** – 16 Miles

### Week 15

DATE: \_\_\_\_\_

**Mon** – Track / 6 Miles  
**Thurs** – Club Session  
**Sat** – 18 Miles

### Week 2

DATE: \_\_\_\_\_

**Mon** – Track / 6 Miles  
**Thurs** – Club Session  
**Sat** – 12 Miles

### Week 9

DATE: \_\_\_\_\_

**Mon** – Track / 6 Miles  
**Thurs** – Club Session  
**Sat** – 15 Miles

### Week 16

DATE: \_\_\_\_\_

**Mon** – Track / 6 Miles  
**Thurs** – Club Session  
**Sat** – 20 Miles

### Week 3

DATE: \_\_\_\_\_

**Mon** – Track / 6 Miles  
**Thurs** – Club Session  
**Sat** – 10 Miles

### Week 10

DATE: \_\_\_\_\_

**Mon** – Track / 6 Miles  
**Thurs** – Club Session  
**Sat** – 17 Miles

### Week 17

DATE: \_\_\_\_\_

**Mon** – Track / 6 Miles  
**Thurs** – Club Session  
**Sat** – 16 Miles

### Week 4

DATE: \_\_\_\_\_

**Mon** – Track / 6 Miles  
**Thurs** – Club Session  
**Sat** – 13 Miles

### Week 11

DATE: \_\_\_\_\_

**Mon** – Track / 6 Miles  
**Thurs** – Club Session  
**Sat** – 16 Miles

### Week 18

DATE: \_\_\_\_\_

**Mon** – Track / 6 Miles  
**Thurs** – Club Session  
**Sat** – 16 Miles

### Week 5

DATE: \_\_\_\_\_

**Mon** – Track / 6 Miles  
**Thurs** – Club Session  
**Sat** – 14 Miles

### Week 12

DATE: \_\_\_\_\_

**Mon** – Track / 6 Miles  
**Thurs** – Club Session  
**Sat** – 18 Miles

### Week 19

DATE: \_\_\_\_\_

**Mon** – Track / 6 Miles  
**Thurs** – Club Session  
**Sat** – 10 Miles

### Week 6

DATE: \_\_\_\_\_

**Mon** – Track / 6 Miles  
**Thurs** – Club Session  
**Sat** – 15 Miles

### Week 13

DATE: \_\_\_\_\_

**Mon** – Track / 6 Miles  
**Thurs** – Club Session  
**Sat** – 17 Miles

### Week 20

DATE: \_\_\_\_\_

**Mon** – Track / 6 Miles  
**Thurs** – 4 Miles (flat)  
**Sat/Sun** – RACE DAY!

### Week 7

DATE: \_\_\_\_\_

**Mon** – Track / 6 Miles  
**Thurs** – Club Session  
**Sat** – 13 Miles

### Week 14

DATE: \_\_\_\_\_

**Mon** – Track / 6 Miles  
**Thurs** – Club Session  
**Sat** – 19 Miles

**GOOD  
LUCK!!**