

TÍR CHONAILL ATHLETICS CLUB TRAINING TIMETABLE



Donegal

Day	Time	Venue	Athletes
Sunday	10.30 am	Donegal Town Track	All
Tuesday	6.30 pm	Donegal Town Track	8-18 Juveniles
Tuesday	7.00 pm	Donegal Town Track	Fit4Life
Wednesday	7.00 pm	Donegal Town Track	Couch to 5K
Thursday	5.45 pm	Donegal Town Track and AVS Gym	8 -12 Year old Juveniles
Thursday	6.30 pm	Donegal Town Track and AVS Gym	12 - 18 Year old Juveniles
Thursday	7.00 pm	Donegal Town Track and AVS Gym	Fit4Life
Friday	7.00 pm	Donegal Town Track	Couch to 5K
Saturday	8.00 am	Donegal Town Track	Fit4Life

Glenties

Day	Time	Venue	Athletes
Tuesday	6.30 pm	Glenties Track	8-18 Juveniles
Wednesday	6.30 pm	Glenties Track	Fit4Life
Friday	6.30 pm	Glenties Track	Fit4Life
Saturday	10.30 am	Glenties Track	12 - 18 Year old Juveniles

Ballyshannon / Bundoran

Day	Time	Venue	Athletes
Tuesday	6.30 pm	Mercy Hall Car Park BallyShannon	Senior and Masters - Middle Distance
Wednesday	7.00 pm	BallyShannon Mall Track	Couch to 5K
Thursday	6.30 pm	Church Street Bundoran	Senior and Masters - Middle Distance
Friday	7.00 pm	BallyShannon Mall Track	Couch to 5K
Saturday	8.30 am	Various	See Facebook for Notices