

Training Schedule 10K Summer 2009
Commencing Monday 1st June 2009

Monday			Tuesday			Thursday			Weekend	
Date	Session	Coach	Date	Session	Coach	Date	Senior Track	Coach	Sat	Sun
01/06/2009	Tempo Run	Tommy	02/06/2009	Fartlek session 50 mins	Neil A	04/06/2009	3 sets of 3 x 500m with 300mjog recovery and another 800m between sets, then 4 laps cool down	Available coach not taking juniors	3 x 1 mile @ 10kpace/effort with 2 mins jog recovery	80 mins off road
08/06/2009	Long Reps	Greame M	09/06/2009	Tempo Run	Leanne	11/06/2009	5 x 800m with 600m recoveries, then 4 laps cool down	David Hunter	Fartlek session 50	10-12 miles
15/06/2009	Hills	Rosi	16/06/2009	Long Reps	David Hunter	18/06/2009	12 x 400m (or 45 minutes of efforts) with 400m jog recoveries, 4 laps cool down	Available coach not taking juniors	Eildon Hill Race or 4 x 1mile @10k pace 2 mins jog recov	90 mins off road
22/06/2009	Fartlek session 50 mins	Eileen	23/06/2009	Hills	Tony	25/06/2009	3 x 1500m, with 500m recoveries, then 4 laps cool-down	Available coach not taking juniors	Fartlek session 50 mins or short reps	12 miles
29/06/2009	Tempo Run	Tommy	30/06/2009	Fartlek session 50 mins	Neil A	02/07/2009	3 sets of 3 x 600m with 200 jog recovery and another 800m between sets, then 4 laps cool down	Available coach not taking juniors	3 x 8min @ 10kpace/effort with 2 mins easy running	100mins off road
06/07/2009	Long Reps	Greame M	07/07/2009	Tempo Run	Leanne	09/07/2009	2 x 1200, 3 x800, 3 x 400, 3 x 200 with 200 jog recovery and 4 laps cool down	David Hunter	Fartlek session 50 mins	12 miles
13/07/2009	Hills	Rosi	14/07/2009	Long Reps	David Hunter	16/07/2009	13 x 400m (or 45 minutes of efforts) with 400m jog recoveries, 4 laps cool down	Available coach not taking juniors	5 x 1 mile @ 10kpace/effort with 2 mins jog recovery	100 mins off road
20/07/2009	Fartlek session 50 mins	Eileen	21/07/2009	Hills	Tony	23/07/2009	3 x 1500m, with 500m recoveries, then 4 laps cool-down	Available coach not taking juniors	Fartlek session 50 mins or short reps	13 miles
27/07/2009	Tempo Run	Tommy	28/07/2009	Fartlek session 50 mins	Neil A	30/07/2009	3 sets of 3 x 600m with 200 jog recovery and another 800m between sets, then 4 laps cool down	Available coach not taking juniors	4 x 8min @ 10kpace/effort with 2 mins easy running	90 mins off road
03/08/2009	Long Reps	Greame M	04/08/2009	Tempo Run	Leanne	06/08/2009	2 x 1200, 3 x800, 3 x 400, 3 x 200 with 200 jog recovery and 4 laps cool down	David Hunter	Fartlek session 50 mins	13 miles
10/08/2009	Hills	Rosi	11/08/2009	Long Reps	David Hunter	13/08/2009	14 x 400m (or 50 minutes of efforts) with 400m jog recoveries, 4 laps cool-down	Available coach not taking juniors	5 x 1 mile @ 10kpace/effort with 2 mins jog recovery	100 mins off road
17/08/2009	Fartlek session 50 mins	Eileen	18/08/2009	Hills	Tony	20/08/2009	3 x 1500m, with 500m recoveries, then 4 laps cool-down	Available coach not taking juniors	Fartlek session 50 mins or short reps	14 miles
24/08/2009	Tempo Run	Tommy	25/08/2009	Fartlek session 50 mins	Neil A	27/08/2009	3 sets of 3 x 600m with 200 jog recovery and another 800m between sets, then 4 laps cool down (Race dependant)	Available coach not taking juniors	5 x 1min strides	30/8/09 Teviotdale 10K Hawick or Perth 10K
							3/9/09 Henderson races			6/9/09 Freshno 10K Glasgow
										20/9/09 City of Stirling 10K