

Training Schedule Autumn/Winter 2009

Commencing Monday 31st August 2009

Monday			Tuesday			Thursday			Weekend	
Date	Session	Coach	Date	Session	Coach	Date	Senior Track	Coach	Sat	Sun
31/08/2009	Coaches Choice	Graeme	01/09/2009	Coaches Choice	Tony	03/09/2009	HENDERSON RACE	Tony	Interval session	Long Run
07/09/2009	Coaches Choice	Any Coach	08/09/2009	Coaches Choice	David	10/09/2009	12 x 400m (or 50 minutes of efforts) 2.15,2.30,2.45 cycles, 10-15mins on road	Rosi/Tommy	Interval session	Long Run
14/09/2009	Coaches Choice	Rosi	15/09/2009	Coaches Choice	Tony/Eileen	17/09/2009	1500m, with 2min moving recoveries, 10-15mins on road recovery	David	Interval session	Great North Run/ Long Run
21/09/2009	Coaches Choice	Tommy	22/09/2009	Coaches Choice	Neil A	24/09/2009	2 x 1200, 3 x 800, 3 x 400, 3 x 200 with 200 jog recovery and 4 laps cool down	Eileen	Interval session	Norham 10K/ Long Run
28/09/2009	Hills	Graeme	29/09/2009	Long Reps	Tony	01/10/2009	Yasso 800's 8 x 800 with 3 min recovery at 10k pace or try marathon goal predictor pace i.e 3.15 hour marathon 3.15min 800's	Tony/Graeme	Ladhope X/C	Loch Ness Marathon/ Long Run
05/10/2009	Fartlek session 50 mins	Eileen	06/10/2009	Hills	David	08/10/2009	14 x 400m (or 50 minutes of efforts) 2.15,2.30,2.45 cycles, 10-15mins on road	Rosi/Tommy	District CC Relays	Long Run
12/10/2009	Tempo Run (2x10min quality)	Rosi	13/10/2009	Fartlek session 50 mins	Tony/Eileen	15/10/2009	3 x 1500m, with 2min moving recoveries, 10-15mins on road recovery	David	East CC League	Long Run
19/10/2009	Long Reps	Tommy	20/10/2009	Tempo Run (2x10min quality)	Neil A	22/10/2009	2 x 1200, 3 x 800, 3 x 400, 3 x 200 with 200 jog recovery and 4 laps cool down	Eileen	National CC Relays Cumbernauld	Jedburgh 1/2 Marathon/ Long Run
26/10/2009	Hills	Graeme	27/10/2009	Long Reps	Tony	29/10/2009	Yasso 800's 10 x 800 with 3 min recovery at marathon goal predictor pace i.e 3.30 hour marathon 3.5min 800's	Tony/Graeme	Interval session	Long Run
02/11/2009	Fartlek session 50 mins	Eileen	03/11/2009	Hills	David	05/11/2009	16 x 400m (or 50 minutes of efforts) 2.15,2.30,2.45 cycles, 10-15mins on road	Rosi/Tommy	Club X/C	Long Run
09/11/2009	Tempo Run (20min quality)	Rosi	10/11/2009	Fartlek session 50 mins	Tony/Eileen	12/11/2009	3 x 1500m, with 2min moving recoveries, 10-15mins on road recovery	David	Interval session	Long Run
16/11/2009	Long Reps	Tommy	17/11/2009	Tempo Run (20min quality)	Neil A	19/11/2009	2 x 1200, 3 x 800, 3 x 400, 3 x 200 with 200 jog recovery and 4 laps cool down	Eileen	East CC League	Long Run
23/11/2009	Hills	Graeme	24/11/2009	Long Reps	Tony	26/11/2009	Yasso 800's 10 x 800 with 3 min recovery at marathon goal predictor pace i.e 3.30 hour marathon 3.5min 800's	Tony/Graeme	Interval session	Long Run
30/11/2009	Fartlek session 50 mins	Eileen	01/12/2009	Hills	David	03/12/2009	18 x 400m (or 50 minutes of efforts) 2.15,2.30,2.45 cycles, 10-15mins on road	Rosi/Tommy	East CC Champs	Long Run
07/12/2009	Tempo Run (25min quality)	Rosi	08/12/2009	Fartlek session 50 mins	Tony/Eileen	10/12/2009	3 x 1500m, with 2min moving recoveries, 10-15mins on road recovery	David	Interval session	Long Run
14/12/2009	Long Reps	Tommy	15/12/2009	Tempo Run (25min quality)	Neil A	17/12/2009	2 x 1200, 3 x 800, 3 x 400, 3 x 200 with 200 jog recovery and 4 laps cool down	Eileen	Interval session	Long Run
21/12/2009	Hills	Graeme	22/12/2009	Long Reps	Tony	24/12/2009	Yasso 800's 10 x 800 with 3 min recovery at marathon goal predictor pace i.e 3.30 hour marathon 3.5min 800's	Tony/Graeme	Interval session	Long Run
28/12/2009	Fartlek session 50 mins	Eileen	29/12/2009	Hills	David	31/12/2009	Who Knows?	Rosi/Tommy	Interval session	Long Run