

Training Schedule Summer 2010

Commencing Monday 10th May 2010

Monday			Tuesday			Thursday			Weekend	
Date	Session	Coach	Date	Session	Coach	Date	Senior Track	Coach	Sat	Sun
10/05/2010	Hills/Short Reps	Tommy	11/05/2010	Tempo Run	Tony	13/05/2010	3 x 1500m with 3mins standing recovery. Aim to improve times by 1-2 sec's per session	TBC		
17/05/2010	Long Reps (Tweedbank)	Graeme M	18/05/2010	Fartlek	David	20/05/2010	10-12 x 400m with 3 mins recovery. Aim to improve times by 1-2 sec's per session	David		Edin Marathon
24/05/2010	Tempo Run	Karen	25/05/2010	Hills/Short Reps	Tony/Eileen	27/05/2010	10mins conditioning, followed by 5 x 1k with 200m jog recovery. Aim to improve 1-2 sec's per session	David		
31/05/2010	Fartlek	Rosi	01/06/2010	Long Reps	Eileen	03/06/2010	3 x 200m with 200m (Fast) jog recovery, 5 mins recovery, 3 x 600 with 200 jog recovery, 5 mins rest, 3 x 200m (Fast) with 200 jog recovery	David		
07/06/2010	Hills/Short Reps	Tommy	08/06/2010	Tempo Run	Tony	10/06/2010	5000m Race/Junior 800M	TBC		Black Rock 11th June
14/06/2010	Long Reps	Graeme M	15/06/2010	Fartlek	David	17/06/2010	3 x 1500m with 3mins standing recovery. Aim to improve times by 1-2 sec's per session	David		Peebles 10K trail race
21/06/2010	Tempo Run	Karen	22/06/2010	Hills/Short Reps	Tony/Eileen	24/06/2010	10-12 x 400m with 3 mins recovery. Aim to improve times by 1-2 sec's per session	TBC	Eldon 2 hills	22/6/10 Jog Scotland 5K Dryburgh
28/06/2010	Fartlek	Rosi	29/06/2010	Long Reps	Eileen	01/07/2010	10mins conditioning, followed by 5 x 1k with 200m jog recovery. Aim to improve 1-2 sec's per session	TBC		
05/07/2010	Hills/Short Reps	Tommy	06/07/2010	Tempo Run	Tony	08/07/2010	3 x 200m with 200m (Fast) jog recovery, 5 mins recovery, 3 x 600 with 200 jog recovery, 5 mins rest, 3 x 200m (Fast) with 200 jog recovery	TBC		
12/07/2010	Long Reps	Graeme M	13/07/2010	Fartlek	David	15/07/2010	3 x 1500m with 3mins standing recovery. Aim to improve times by 1-2 sec's per session	TBC		Kelso 10K
19/07/2010	Tempo Run	Karen	20/07/2010	Hills/Short Reps	Tony/Eileen	22/07/2010	10-12 x 400m with 3 mins recovery. Aim to improve times by 1-2 sec's per session	TBC		
26/07/2010	Fartlek	Rosi	27/07/2010	Long Reps	Eileen	29/07/2010	10mins conditioning, followed by 5 x 1k with 200m jog recovery. Aim to improve 1-2 sec's per session	TBC		
02/08/2010	Hills/Short Reps	Tommy	03/08/2010	Tempo Run	Tony	05/08/2010	3 x 200m with 200m (Fast) jog recovery, 5 mins recovery, 3 x 600 with 200 jog recovery, 5 mins rest, 3 x 200m (Fast) with 200 jog recovery. Junior 800m Race	TBC		
09/08/2010	Long Reps	Graeme M	10/08/2010	Fartlek	David	12/08/2010	3 x 1500m with 3mins standing recovery. Aim to improve times by 1-2 sec's per session	TBC		
16/08/2010	Tempo Run	Karen	17/08/2010	Hills/Short Reps	Tony/Eileen	19/08/2010	10-12 x 400m with 3 mins recovery. Aim to improve times by 1-2 sec's per session	TBC		
23/08/2010	Fartlek	Rosi	24/08/2010	Long Reps	Eileen	26/08/2010	10mins conditioning, followed by 5 x 1k with 200m jog recovery. Aim to improve 1-2 sec's per session	TBC		
30/08/2010	Hills/Short Reps	Tommy	31/08/2010	Tempo Run	Tony	02/09/2010	Henderson Race with Junior Mile	TBC		