

Training Schedule Autumn/Winter 2010
Commencing Monday 6th September 2010

Monday			Tuesday			Thursday			Weekend	
Date	Session	Coach	Date	Session	Coach	Date	Senior Track	Coach	Sat	Sun
06/09/2010	Coaches Choice	Neil R	07/09/2010	Coaches Choice	Eileen	09/09/2010	Yasso 800's 8 x 800 with 3 min recovery at marathon goal predictor pace i.e 3.30 hour marathon 3.5min 800's	TBA		
13/09/2010	Hills	Karen	14/09/2010	Tempo Run	Eileen/David	16/09/2010	12 x 400m (or 50 minutes of efforts) 2.15.2.30.2.45 cycles, 4 laps cool down	TBA	Ladhope X/C	
20/09/2010	Tempo Run	Tommy	21/09/2010	Long Reps	David	23/09/2010	3 x 1500m, with 2min moving recoveries, then 4 laps cool-down	TBA		
27/09/2010	Long Reps	Rosi	28/09/2010	Fartlek session 50 mins	Tony	30/09/2010	Kenyan Bone Crusher 2 x 1200, 3 x 800, 3 x 400, 3 x 200 with 200 jog recovery and 4 laps cool down	TBA		
04/10/2010	Fartlek session 50 mins	Graeme M	05/10/2010	Hills	Eileen	07/10/2010	Yasso 800's 8 x 800 with 3 min recovery at marathon goal predictor pace i.e 3.30 hour marathon 3.5min 800's	TBA	Sat 9th October East Relays, Prestonpans	
11/10/2010	Hills	Karen	12/10/2010	Tempo Run	Eileen/David	14/10/2010	14 x 400m (or 50 minutes of efforts) 2.15.2.30.2.45 cycles, 4 laps cool down	TBA	Sat 16th October East League, Stirling	
18/10/2010	Tempo Run	Tommy	19/10/2010	Long Reps	David	21/10/2010	3 x 1500m, with 2min moving recoveries, then 4 laps cool-down	TBA	Sat 23rd October National Relays, Cumbernauld	
25/10/2010	Long Reps	Rosi	26/10/2010	Fartlek session 50 mins	Tony	28/10/2010	Kenyan Bone Crusher 2 x 1200, 3 x 800, 3 x 400, 3 x 200 with 200 jog recovery and 4 laps cool down	TBA		
01/11/2010	Fartlek session 50 mins	Graeme M	02/11/2010	Hills	Eileen	04/11/2010	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	TBA	Provisional date for Club Cross Country	Sun 7th November Lasswade Open, Gorebridge
08/11/2010	Hills	Karen	09/11/2010	Tempo Run	Eileen/David	11/11/2010	16 x 400m (or 50 minutes of efforts) 2.15.2.30.2.45 cycles, 4 laps cool down	TBA		
15/11/2010	Tempo Run	Tommy	16/11/2010	Long Reps	David	18/11/2010	3 x 1500m, with 2min moving recoveries, then 4 laps cool-down	TBA	Sat 20th November East League, Broxburn	
22/11/2010	Long Reps	Rosi	23/11/2010	Fartlek session 50 mins	Tony	25/11/2010	Kenyan Bone Crusher 2 x 1200, 3 x 800, 3 x 400, 3 x 200 with 200 jog recovery and 4 laps cool down	TBA		
29/11/2010	Fartlek session 50 mins	Graeme M	30/11/2010	Hills	Eileen	02/12/2010	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	TBA	Sat 4th December East Champs, Aberdeen	
06/12/2010	Hills	Karen	07/12/2010	Tempo Run	Eileen/David	09/12/2010	18 x 400m (or 50 minutes of efforts) 2.15.2.30.2.45 cycles, 4 laps cool down	TBA		
13/12/2010	Tempo Run	Tommy	14/12/2010	Long Reps	David	16/12/2010	3 x 1500m, with 2min moving recoveries, then 4 laps cool-down	TBA		
20/12/2010	Long Reps	Rosi	21/12/2010	Fartlek session 50 mins	Tony	23/12/2010	Kenyan Bone Crusher 2 x 1200, 3 x 800, 3 x 400, 3 x 200 with 200 jog recovery and 4 laps cool down	TBA		
27/12/2010	Fartlek session 50 mins	Graeme M	28/12/2010	Hills	Eileen	30/12/2010	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	TBA		
03/01/2011	Hills	Karen	04/01/2011	Tempo Run	Eileen/David	06/01/2011	20 x 400m (or 50 minutes of efforts) 2.15.2.30.2.45 cycles, 4 laps cool down	TBA		