

Training Schedule Winter/Spring 2011

Commencing Monday 3rd January 2011

Monday										Tuesday			Thursday			Weekend	
Date	Session	Coach	Date	Session	Coach	Date	Senior Track	Coach	Sat	Sun							
03/01/2011	Coaches Choice	Karen	04/01/2011	Fartlek session 50 mins	Tony	06/01/2011	20 x 400m (or 50 minutes of efforts) 2.15,2.30,2.45 cycles, 4 laps cool down	Eileen	Inter Districts, Holyrood								
10/01/2011	Hills	Graeme M	11/01/2011	Coaches Choice	Eileen	13/01/2011	8 x 3 mins @ 1/2 mar. pace, 4 x 2mins @ 10k pace, all with 1 min recovery	Eileen	East League, Livingston								
17/01/2011	Tempo Run	Tommy	18/01/2011	Hills	David	20/01/2011	3 x 1500m, with 2min moving recoveries, then 4 laps cool-down	Eileen		Borders XC, Berwick							
24/01/2011	Long Reps	Rosi	25/01/2011	Tempo Run	Tony	27/01/2011	3 x 1000, 3 x 800, 3 x 600 with 200 jog recovery and 4 laps cool down	Eileen									
31/01/2011	Fartlek session 50 mins	Karen	01/02/2011	Long Reps	Eileen	03/02/2011	6 x (600m with 200m jog rec,300m with 100m walk rec)	David		Borders XC, Norham							
07/02/2011	Coaches Choice	Graeme M	08/02/2011	Fartlek session 50 mins	David	10/02/2011	8 x 3 mins @ 1/2 mar. pace, 4 x 2mins @ 10k pace, all with 1 min recovery	David									
14/02/2011	Tempo Run	Tommy	15/02/2011	Coaches Choice	Tony	17/02/2011	1x1500m, 2min rec, 3 x 500m, 1min rec between each, 1 x 1500m. 4 laps cool down	David	National XC Champs, Falkirk								
21/02/2011	Long Reps	Rosi	22/02/2011	Tempo Run	Eileen	24/02/2011	3 x 1000, 3 x 800, 3 x 600 with 200 jog recovery and 4 laps cool down	David		Borders XC, Dunbar							
28/02/2011	Fartlek session 50 mins	Karen	01/03/2011	Long Reps	David	03/03/2011	18 x 400m (or 50 minutes of efforts) 2.15,2.30,2.45 cycles, 4 laps cool down	Eileen									
07/03/2011	Hills	Graeme M	08/03/2011	Fartlek session 50 mins	Tony	10/03/2011	Timed pyramid 1,2,3,4,5,6,5,4,3,2,1 min with 1min stand between each	Eileen									
14/03/2011	Coaches Choice	Tommy	15/03/2011	Hills	Eileen	17/03/2011	3 x 1500m, with 2min moving recoveries, then 4 laps cool-down	Eileen									
21/03/2011	Long Reps	Rosi	22/03/2011	Coaches Choice	David	24/03/2011	3 x 1000, 3 x 800, 3 x 600 with 200 jog recovery and 4 laps cool down	Eileen									
28/03/2011	Fartlek session 50 mins	Karen	29/03/2011	Long Reps	Tony	31/03/2011	7x(600m with 200m jog rec, 300m with 100 walk rec)	David									
04/04/2011	Hills	Graeme M	05/04/2011	Fartlek session 50 mins	Eileen	07/04/2011	8 x 3 mins @ 1/2 mar. pace, 4 x 2mins @ 10k pace, all with 1 min recovery	David									
11/04/2011	Tempo Run	Tommy	12/04/2011	Hills	David	14/04/2011	3 x 1500m, with 2min moving recoveries, then 4 laps cool-down	David									
18/04/2011	Coaches Choice	Rosi	19/04/2011	Tempo Run	Tony	21/04/2011	3 x 1000, 3 x 800, 3 x 600 with 200 jog recovery and 4 laps cool down	David									
25/04/2011	Fartlek session 50 mins	Karen	26/04/2011	Coaches Choice	Eileen	28/04/2011	Timed inverted pyramid 6,5,4,3,2,3,4,5,6 min with 1min stand between each	Eileen									
02/05/2011	Hills	Graeme M	03/05/2011	Fartlek session 50 mins	David	05/05/2011	8 x 3 mins @ 1/2 mar. pace, 4 x 2mins @ 10k pace, all with 1 min recovery	Eileen									