



# Motherwell Athletics Club

## April 2010 Training Schedule

Commencing	Monday	Tuesday Club Night 6.30 – Strathclyde Park	Wednesday	Thursday Club Night 6.30- Strathclyde Park	Friday	Saturday Club Morning 9.30-	Sunday Club Run 9.00- Strathclyde Park
5 April 10	Do your own thing	<b>Time Trial Handicap</b>		<b>4-6 miles + Circuits or 6-8 Steady Mobility session</b>	At Leisure	<b>Lochside 6 x ½K 80% 6 x ½K 60%</b>	Tom Scott 10 mile CR Or 6–12 miles easy
12 April 10	Do your own thing	<b>Fartlek session Dalziel</b>		<b>4-6 miles + Circuits or 6-8 Steady Mobility session</b>	At Leisure	<b>Lochside 5 x 1K 80% 5 X ½K 60%</b>	6–12 miles easy
19 April 10	Do your own thing	<b>Meet @ Chatelherault Hills x 6</b>		<b>4-6 miles + Circuits or 6-8 Steady Mobility session</b>	At Leisure	<b>Track Indian Fartlek &amp; Age Group Relays ( 4 x 1 mile )</b>	CSSAL Grangemouth Or 6–12 miles easy
26 April 10	Do your own thing	<b>Steady run Chatelherault</b>	Whangie Whizz CR	<b>4-6 miles + Circuits or 6-8 Steady Mobility session</b>	At Leisure	<b>Track Pyramid Session</b>	6-12 miles easy