



Motherwell Athletics Club

August 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
2 Aug 10		Time Trial Handicap		4-6 miles + circuits Or 6-8 miles steady		Wishaw Track 10 x 500 100 jog recovery	6-12 miles easy
9 Aug 10		Fartlek Session Dalziel		4-6 miles + circuits Or 6-8 miles steady		Wishaw Track Mile Wind Ups x 3	6-12 miles easy
16 Aug 10		Fire Station 5k fast - 5k faster		4-6 miles + circuits Or 6-8 miles steady		Rothesay 10k CR Or repeat above	6-12 miles easy
23 Aug 10		Steady run Chatelherault		4-6 miles + circuits Or 6-8 miles steady		Wishaw Track 8 x 600 200 jog recovery	6-12 miles easy
30 Aug 10		Pyramid Session		4-6 miles + circuits Or 6-8 miles steady		Wishaw Track 5k Paarlaf Competition	6-12 miles easy