



# Motherwell Athletics Club

## July 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 July 10		Time Trial Handicap		4-6 miles + circuits Or 6-8 miles steady		Wishaw Track Tempo 2's x 12	6-12 miles easy
12 July 10		Moffat 15k CR Or Hill Session M&D's		4-6 miles + circuits Or 6-8 miles steady		Wishaw Track 12 x 300 100 jog recovery	Guest Run Or 6-12 miles easy
19 July 10		Lochside 5 x 1k fast ½k recovery		4-6 miles + circuits Or 6-8 miles steady		5K Race Strathclyde Park	6-12 miles easy  Club BBQ @ Chatelherault
26 July 10		Meet @ Eurocentral 3 x 1 mile 1 mile recovery		4-6 miles + circuits Or 6-8 miles steady		Wishaw Track 12 x 400 200 jog recovery	Helensburgh ½ marathon CR Or 6-12 miles easy





## August 09 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
3 August 09		Lochside Pyramid Session		4-6 miles + Circuits or 6-8 miles steady		Wishaw Track 4 – 4 – 4 X 4	6 – 12 miles easy
10 August 09		Meet @ Eorocentral 3 X 1mile fast 1 mile recovery		4-6 miles + Circuits or 6-8 miles steady		5K Race Pollock Park	6 – 12 miles easy
17 August 09		Fire Station 5K Fast - 5K Faster		4-6 miles + Circuits or 6-8 miles steady		Rothesay 10K CR Or Tempo 2's X 12	6 – 12 miles easy
24 August 09		Chatelherault Steady run		4-6 miles + Circuits or 6-8 miles steady		Wishaw Track Tempo 2's X 12	6 – 12 miles easy
31 August 09		Time Trial Handicap		4-6 miles + Circuits or 6-8 miles steady		Wishaw Track 5K Paarlauf Competition	GSR Half Marathon CR or 6 – 12 miles easy