



# Motherwell Athletics Club

## October 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 8.00/9.00- Strathclyde Park
4 Oct 10		Time Trial Handicap		4-6 miles + Stretching/core conditioning session		10 x 1 ½ min 1 min recovery @ Palace Grounds	6-9 miles easy
11 Oct 10		Steady Run Hamilton		4-6 miles + Stretching/core conditioning session		Lanarkshire Road Relays Drumpellier  Or repeat above	6-9 miles easy
18 Oct 10		Steady Run Ravenscraig		4-6 miles + circuits Or 6-8 miles steady		National CC Relays Cumbernauld  Or repeat above	6-12 miles easy
25 Oct 10		Steady Run Blantyre		4-6 miles + circuits Or 6-8 miles steady		Pollock 5k CR  Or repeat above	6-12 miles easy