



Motherwell Athletics Club

September 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
6 Sep 10		Time Trial Handicap		4-6 miles + stretching Or 6-8 miles steady		Easy run	Cumbernauld 10k CR
13 Sep 10		Easy run		Easy run + Stretching session		Easy run	Easy run
20 Sep 10		Easy run		Easy run + Stretching session		10 x 1 min 1 min recovery @ Palace Grounds	3-6 miles easy
27 Sep 10		Steady run Bothwell Road		4-6 miles + stretching/core conditioning session		12 x 1min 1 min recovery @ Palace Grounds	6-9 miles easy