



Motherwell Athletics Club

January 12 Training Schedule

Commencing	Monday Club Night 6.00 – Wishaw Track	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
2 Jan 12	Clear The Heid Run Meet @ 9:30am Boathouse	Fartlek Session Blantyre		4-6 miles + circuits Or 6-8 miles steady		Bandstand 8 x 3 minutes 1 ½ recovery	6-12 miles easy
9 Jan 12		Time Trial Handicap		4-6 miles + circuits Or 6-8 miles steady		Meet @ Chatelherault 3 x 2k 2 minutes recovery	6-12 miles easy
16 Jan 12	Track Training	Interval Session @ Palace Grounds		Kenny Muir Circuit Session		Bandstand 10 x 3 minutes 1 ½ recovery	6-12 miles easy
23 Jan 12	Track Training	Meet @ Bellziehill Farm car park Hills of Hell 10 out jog back		4-6 miles + circuits Or 6-8 miles steady		Meet @ Chatelherault Hill Session x 6	6-12 miles easy
30 Jan 12	Track Training	Fartlek Session Wishaw		4-6 miles + circuits Or 6-8 miles steady		Bandstand 10 x 3 minutes 1 minute recovery	6-12 miles easy