



Motherwell Athletics Club

June 2010 Training Schedule

Commencing	Monday	Tuesday Club Night 6.30 – Strathclyde Park	Wednesday	Thursday Club Night 6.30- Strathclyde Park	Friday	Saturday Morning 9.30-	Sunday Run 9.00- Strathclyde Park
7 June 10		Hill Session @ Furlongs		4-6 miles + circuits Or 6-8 miles steady		Wishaw Track 6 x 800 400 jog recovery	6-12 miles easy
14 June 10		Bridge to Bridge x 8 1 ½ minute recovery		4-6 miles + circuits Or 6-8 miles steady		Wishaw Track Pyramid Session	Men's Health 10k CR Or 6-12 miles easy
21 June 10		Fartlek Session Bellshill Rollercoaster		Easy run + mobility session	Calderglen 5k CR	Wishaw Track Pyramid Session	6-12 miles easy
28 June 10		Lochside Pyramid Interval Session		4-6 miles + circuits Or 6-8 miles steady		5k Race Pollock Park	CSSAL @ Linwood Or 6-12 miles easy