



Motherwell Athletics Club

March 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 |
|------------|-------------------|--|-----------|--|------------|--|---|
| 1 Mar 10 | Do your own thing | Hill Session @ Furlongs | | 4-6 miles + Circuits or 6-8 Steady Mobility session | At Leisure | Lochside 8 x ½K fast ½K recovery | 6–12 miles easy |
| 8 Mar 10 | Do your own thing | Time Trial Handicap | | 4-6 miles + Circuits or 6-8 Steady Mobility session | At Leisure | Lochside 6 x 1K fast ½K recovery | 6–12 miles easy |
| 15 Mar 10 | Do your own thing | Fartlek Session Wishaw | | 4-6 miles + Circuits or 6-8 Steady Mobility session | At Leisure | Heriot Watt 5K CR Or repeat last week | 6–12 miles easy |
| 22 Mar 10 | Do your own thing | Interval Session @ Esporta | | 4-6 miles + Circuits or 6-8 Steady Mobility session | At Leisure | Bridge to Bridge x 10 1 ½ min recovery | Grangemouth 10K CR Or 6-12 miles easy |
| 29 Mar 10 | Do your own thing | Fire Station 5K out fast 5K back faster | | 4-6 miles + Circuits or 6-8 Steady Mobility session | At Leisure | National Road Relays Livingston Or repeat last week | Guest Run Still Game Revisited Or 6–12 miles easy |