

APRIL TO JUNE 2007 -TRAINING SCHEDULE

Prior to each session we do a mobility warm up which is done to literally “warm up” the body for exercise, the warm up increases respiration, circulation and the temperature of the muscles (and flexibility), when the muscles are warm they become more resistant to tearing thus avoiding injury. It is vitally important not to skimp on this part of the club session.

The “cool down” (which is sometimes mistaken for a race back to the club) is also important in helping remove the toxins from the muscles. Finally, a static stretch at the end will help avoid muscle stiffness the following day.

The following details the structured training planned from April through to June. April follows the same format as last year with intervals/ reps at Pittencrieff Park and Park Road School. May and June see the introduction of a couple of new (and challenging) sessions which will suit the speed merchants and those wanting to develop their speed training, along with sessions designed to develop speed endurance, change of pace and strength.

Don't forget that the sessions can be modified to suit your level of fitness, for example, if you are returning from illness or injury you can reduce the number of intervals/ reps to a quantity you find challenging but not overwhelming.

It is planned to train on grass when and wherever possible but if the weather is wet then we will use a road alternative.

There always be the alternative or an easy paced run available on both training nights for those not wishing to take part in the structured sessions.

April

- 03/04/07 (Tuesday) - 3 to 4 x Pittencrieff Park loop (approx 1K) at 5K pace with 1/3 of effort recovery – be at park ready to start 7.00 pm
- 05/04/07 (Thursday) - 8 to 12 x 1 minute with 60 second recoveries
- 10/04/07 (Tuesday) - 3 to 5 x Pittencrieff Park loop (approx 1K) at 5K pace with 1/3 of effort recovery – be at park ready to start 7.00 pm
- 12/04/07 (Thursday) - 10 to 14 x 1 minute with 60 second recoveries
- 17/04/07 (Tuesday) - 4 to 6 x Pittencrieff Park loop (approx 1K) at 5K pace with 1/3 of effort recovery– be at park ready to start 7.00 pm
- 19/04/07 (Thursday) - 12 to 16 x 1 minute with 60 second recoveries
- 24/04/07 (Tuesday) - 4 to 6 x Pittencrieff Park loop (approx 1K) at 5K pace with 1/3 of effort recovery– be at park ready to start 7.00 pm
- 26/04/07 (Thursday) - 4 to 6 x 2 minutes with 2 minute recoveries

May

- 01/05/07 (Tuesday) - 3 x 1 mile at increasing ½ Marathon, 10K, 5K pace at Pitreavie Playing Fields (Threepeat Session)
- 03/05/07 (Thursday) - 5 to 7 x 2 minutes with 2 minute recoveries
- 08/05/07 (Tuesday) - 30 - 30 session at Camdean Playing Fields – session will be explained on the night
- 10/05/07 (Thursday) - 25 minute acceleration run - time trial route (to be explained on the night)
- 15/05/07 (Tuesday) - 2 to 4 x 300m, 400m, 600m with 60, 60, 90 second recoveries at Pitreavie Playing Fields
- 17/05/07 (Thursday) - 3 to 5 x 4 minutes at 5K pace with 2 minute recoveries at Duloch Park, Dunfermline
- 22/05/07 (Tuesday) - 4 speed kick at Pitreavie Playing Fields (session will be explained on the night)
- 24/05/07 (Thursday) - 4 to 6 x 4 minutes at 5K pace with 2 minute recoveries at Duloch Park, Dunfermline
- 29/05/07 (Tuesday) - 3 x (1K, 400m) with (45 sec, 3 mins rec.) at Pitreavie Playing Fields
- 31/05/07 (Thursday) - 25 minute acceleration run – time trial route (to be explained on the night)

June

- 05/06/07 (Tuesday) - 10 to 14 x 400 metres (60 sec rec.) at Pitreavie Playing Fields
- 07/06/07 (Thursday) - 3 to 5 x 5 mins at 5K pace with 2 minute recoveries at Duloch Park, Dunfermline
- 12/06/07 (Tuesday) - 30 - 30 session at Camdean Playing Fields – session will be explained on the night
- 14/06/07 (Thursday) - 4 to 6 x 5 mins at 5K pace with 2 minute recoveries at Duloch Park, Dunfermline
- 19/06/07 (Tuesday) - 3 to 4 x (60, 90, 120) seconds with 60, 60, 90 second recoveries at playing fields next to Tesco, Duloch Park
- 21/06/07 (Thursday) - 25 minute acceleration run – time trial route (to be explained on the night)
- 26/06/07 (Tuesday) - 3 x 1 mile at increasing ½ Marathon, 10K, 5K pace at Pitreavie Playing Fields (Threepeat session)
- 28/06/07 (Thursday) - easy, social run (save yourselves for the Black Rock)