

LINLITHGOW AC ADULT/YOUTH TRAINING CALENDAR – COACHED SESSIONS and HANDICAP RACE - 2024

Tuesdays – meet at Craigswood track, 18.00-19.00;

Thursdays – meet at Linlithgow Cricket Club, 19.30 (first Thursday in month) and 20.00 at Cycle Circuit (other Thursdays) – to be reviewed by end March. Plan to run monthly Winchburgh sessions in week before Handicap Race April – September.

Club sessions are for members or prospective members (up to four week free trial period before taking out membership). Children 11-13 can attend with a parent/responsible adult, and 14-17s unaccompanied. (All coaches have PVG membership and Cycle Circuit sessions have at least one coach with Emergency First Aid at Work qualification or equivalent. All coaches have basic first aid qualifications.)

WEEK STARTING (Monday)	TUESDAY – CRAIGSWOOD, LIVINGSTON (2 training packs – sub 45 10k and over 45 10k)	THURSDAY – LINLITHGOW
JANUARY		
1	BREAK	HILL REPS
8	Broken Eights - 3 x (5 mins @5k, 3 mins@3k)[90secs/3 mins] = 24 mins TIME BASED	FARTLEK
15	2 x (3x800@5k) [30 secs/3mins] = 4800m 5K PACED	PAARLAUF
22	Pyramid - 400, 800, 1200, 800, 400 @ 10k [400m jog recovery] = 3600m VARIED PACE	HANDICAP RACE
29	6x800m@5k [45 seconds] = 4800m 5K PACED	HILL REPS
FEBRUARY		
5	2 x (4x400@3k) [1min/3 mins] = 3200m FASTER PACED	FARTLEK
12	3x (4x400)@5k [30 secs/2 minutes] = 4800m 5K PACED	PAARLAUF
19	4 x 800@10k [30 secs/3 mins], 4 x 400@5k [30 secs] =4800m VARIED PACE	REPS
26	5x1k@5k [200m jog] = 5000m LONGER REPS	HANDICAP RACE
MARCH		
4	4 x 400@3k [45secs/3mins], 8 x 200@1500 [45secs] = 3200m FASTER PACED	HILL REPS
11	6 x 600@10k [200m jog recovery,3 mins], 4 x 400@5k [30 secs] =5200m VARIED PACE	FARTLEK
18	4x800@5k [45 secs/3 mins], 4x400@5k [45 secs/3 mins] = 4800m 5K PACED	PAARLAUF
25	30 mins 400 on, 400 off in pairs/threes @5k PARTNER WORK	HANDICAP RACE
APRIL		
1	2 x 800@5k [45secs/3mins], 4 x 400@3k [45secs/3 mins] = 3200m FASTER PACED	HILL REPS
8	Pyramid - 400, 800, 1200, 800, 400 @ 10k [400m jog recovery] = 3600m VARIED PACE	FARTLEK
15	Broken Eights - 3 x (5 mins @5k, 3 mins@3k)[90secs/3 mins] = 24 mins TIME BASED	PAARLAUF
22	2x800@10k [45 secs/2 mins], 4x400@5k [30 secs/2 mins], 4x200@3k =3200 [45 secs] VARIED PACE	HANDICAP RACE
29	10x400@5k [30 secs] (fast finishes) = 4000m 5K PACED	HILL REPS
MAY		

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6	2 x (3 x 600) [1min/3mins]@ 3k/1.5k = 3600m FASTER PACED	FARTLEK
13	6x300@1500m [100m jog recovery + 1 min] = 1800m PRACTICE FOR MILE TIME TRIAL FASTER PACED	PAARLAUF
20	Broken Miles – 3 x (1200@5k, 400@1500k)[1:30 min/3mins] = 4800m FASTER PACED	REPS
27	MILE TECHNICAL DRILLS AND MILE TIME TRIAL FASTER PACED	HANDICAP RACE
JUNE		
3	6x500m@3k [300 jog recovery] = 3000m FASTER PACED	HILL REPS
10	30mins 400 on, 400 off in pairs/threes @5k PARTNER WORK	FARTLEK
17	Broken Eights - 3 x (5 mins @5k, 3 mins@3k)[90 secs/3 mins] = 24 mins TIME BASED	PAARLAUF
24	2x800@10k[45 secs/2 mins], 4x400@5k [30 secs/2 mins], 4x200@3k [30secs] = 4000m VARIED PACE	HANDICAP RACE
JULY		
1	4x300@1500[100 jog/2mins], 4x300@800 [100 jog/4 mins], 4x100@800 [300 jog] = 2800m FASTER PACED	HILL REPS
8	6 x 400m @ 5k[30 secs/2mins], 2 x (6 x 200) @ 3k [30 secs/5 mins] =4800m FASTER PACED	FARTLEK
15	5x1k@5k [200m jog] = 5000m LONGER REPS	PAARLAUF
22	BREAK	HANDICAP RACE
29	BREAK	HILL REPS
AUGUST		
5	ONE MILE CLUB CHAMPIONSHIP RACE	FARTLEK
12	3x (4x400)@5k [30 secs/2 minutes] = 4800m 5K PACED	PAARLAUF
19	3 x 800m @ 10k [30 secs/3 mins], 3 x 600m@5k [200m jog] = 4200 m VARIED PACE	REPS
26	6x800m @5k [30 seconds] = 4800m 5K PACED	HANDICAP RACE
SEPTEMBER		
2	6 x 400m@5k[30 secs/2mins], 2 x (6 x 200) @ 3k [30 secs/5 mins] = 4800m FASTER PACED	HILL REPS
9	5x1k@5k [200m jog] = 5000m LONGER REPS	FARTLEK
16	4x400@1500 [1min/3mins], 2x (4x200@800) [1min/2 mins] = 3200m FASTER PACED	PAARLAUF
23	Broken Eights - 3 x (5 mins @5k, 3 mins@3k)[90secs/3 mins] = 24 mins TIME BASED	HANDICAP RACE
30	Pyramid - 400, 800, 1200, 800, 400 @ 10k [400m jog recovery] = 3600m VARIED PACE	HILL REPS
OCTOBER		
7	4x800@5k [45 secs/3 mins], 4x400@3k [45 secs/3 mins] = 4800m FASTER PACED	FARTLEK
14	2 x (1200@10k, 800@5k, 400@1500) [1 min/45 secs/2 mins] = 4800m VARIED PACE	PAARLAUF
22	10x400@5k [30 secs] (fast finishes) = 4000m 5K PACED	REPS
28	4x800@3k [45 secs/3 mins] 4x200@1500 [45 secs] = 4000m FASTER PACED	HANDICAP RACE
NOVEMBER		

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4	Broken Eights - 3 x (5 mins @5k, 3 mins@3k)[90secs/3 mins] = 24 mins TIME BASED	HILL REPS
11	2x (6x400@5k) [30 secs/3 mins] =4800m 5K PACED	FARTLEK
18	5x1k@5k [200m jog] = 5000m LONGER REPS	PAARLAUF
25	Pyramid Reps. @10k/5k – 2 x (200,400,600,400,200)[30secs/3mins] = 3600m VARIED PACE	HANDICAP RACE
DECEMBER		
2	6x500m@3k [300 jog recovery] = 3000m FASTER PACED	HILL REPS
9	5x800@10k with fast finishes [1min] = 4000m 5K PACED	FARTLEK
16	Xmas Fun Session	Xmas Fun Session
23	BREAK	BREAK

FRW 11 Dec 23