

## Ronhill Cambuslang Harriers Training Winter 2015-16

### Structure for the Winter Season is as follow:

Monday	Tuesday	Thursday	Saturday	Sunday
<p><b>Track Sessions</b></p> <p>Session Volume 4-6km depending on age and stage. Examples: 10-15 x 400m with a 200m recovery in equal time to the effort. 6.30pm start.</p> <p>John Wright Sports Centre East Kilbride.</p> <p>6.30pm start.</p>	<p><b>Steady Road Run</b></p> <p>Dave Thom organised routes – rotation of 3 different routes and direction of run (7.5-8.5 miles).</p> <p>One Tuesday Night run per month will now be named <b>TEMPO TUESDAY</b> which will involve a 4 mile threshold run. 1.5-2 miles warm up. 4 mile tempo starting together, then cool down back to the club. We would like as many athletes as possible to attend Tempo Tuesdays.</p> <p>Group 1 6.50pm start. Group 2 7 pm start.</p>	<p><b>Hill Session - Road</b></p> <p>On non-race weeks we will do a hill session. These sessions will increase in volume throughout the winter.</p> <p>Examples: 2 x 6 Hills (40-60 secs with jog down recovery) with 5 mins recovery between the sets.</p> <p>On race weeks there will be an easy/steady run with 2-3 x race paced efforts.</p> <p>7pm start from the club.</p>	<p><b>Cross Country Reps</b></p> <p>Race day, Club Session or Glasgow Endurance grass sessions.</p> <p>e.g 5-10 x 3 min reps with 90 seconds rec.</p> <p>Volume increase throughout the winter to prepare athletes for National cross country and/or Club 10km.</p> <p>Various locations.</p> <p>Sessions start at 10.30am.</p>	<p><b>Easy Off Road Run</b></p> <p>8 – 16 miles</p> <p>Club Sunday Run</p> <p>Run starts at 10.30am.</p>

**On the following pages you will see the details for each week from now until the 4/6 Stage on the 3/4.**

## Ronhill Cambuslang Harriers Training Winter 2015-16

### October 2015

	Monday	Tuesday	Thursday	Saturday	Sunday
<b>Week Beginning 12/10</b>	Track Session – East Kilbride	Barrachnie Run – Anti Clockwise	Stewarton Drive Reps/Steady Run with 2-3 x Race Pace Bursts.	<b>Lanarkshire Road Relay</b>	Sunday Run from the Club – 10.30am.
<b>Week Beginning 19/10</b>	Track – East Kilbride	Hampden Run – Anti Clockwise	Stewarton Drive Reps/Steady Run with 2-3 x Race Pace Bursts.	<b>National Cross Country Relays - Cumbernauld</b>	Sunday Run from the Club – 10.30am.
<b>Week Beginning 26/10</b>	Track – East Kilbride	Clyde Gateway – Clockwise  <b>TEMPO TUESDAY</b>	Stewarton Drive Reps/Steady Run with 2-3 x Race Pace Bursts.	Glasgow Endurance Session 5-10 x 3 mins (90 secs rec) – Bellahouston	Sunday Run from the Club – 10.30am.

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### November 2015

	<b>Monday</b>	<b>Tuesday</b>	<b>Thursday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Week Beginning 2/11</b>	Track – East Kilbride	Barrachnie Run – Clockwise	Steady Run with 2-3 x Race Pace Bursts	<b>National Short Course Champs – Bellahouston</b>	Sunday Run from the Club – 10.30am.
<b>Week Beginning 9/11</b>	Track – East Kilbride	Hampden Run – Clockwise	Hill Session - Club	Glasgow Endurance Session 5-10 x 3 mins (90 secs rec) – Bellahouston	Sunday Run from the Club – 10.30am.
<b>Week Beginning 16/11</b>	Track – East Kilbride	Clyde Gateway Run – Anti-clockwise	Hill Session - Club	Club Session – 4-8 x 4 mins (2 mins rec) – Tollcross	Sunday Run from the Club – 10.30am.
<b>Week Beginning 23/11</b>	Track – East Kilbride	Barrachnie Run – Anti-Clockwise  <b>TEMPO TUESDAY</b>	Hill Session/Steady Run with 2 x 3 Race Pace Bursts - Club	<b>Lanarkshire Cross Country Champs – Drumpellier Park</b>	Sunday Run from the Club – 10.30am.
<b>Week Beginning 30/11</b>	Track – East Kilbride	Hampden Run – Anti Clockwise	Hill Session - Club		<b>West District Cross Country Championships - Bellahouston</b>

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### December 2015

	<b>Monday</b>	<b>Tuesday</b>	<b>Thursday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Week Beginning 7/12</b>	Steady Run/Track – Club/East Kilbride TBC	Clyde Gateway Run – Clockwise	Hill Session - Club	Club Session 3-8 x 5 mins (2 mins rec) – Kings Park	Sunday Run from the Club – 10.30am.
<b>Week Beginning 14/12</b>	Track – East Kilbride	Barrachnie Run – Clockwise	Hill Session - Club	<b>Club Xmas Handicap 12.00 &amp; Xmas Lunch 2.00pm (book tickets)</b>	Sunday Run from the Club – 10.30am.
<b>Week Beginning 21/12</b>	Track – East Kilbride	Hampden Run – Clockwise  <b>TEMPO TUESDAY</b>	Hill Session - Club	Club Session 2-5 x 4mins/5mins (90 rec) – Kings Park	Xmas Run – Kings Park Train Station 11am.
<b>Week Beginning 28/12</b>		Glasgow Endurance Session 10 mins threshold, 10 x 1 min (1 min rec), 10 mins threshold - Nethercraigs		Club Session 5-10 x 3 mins (90 secs rec) – Tollcross	Sunday Run from the Club – 10.30am.

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### January 2016

	<b>Monday</b>	<b>Tuesday</b>	<b>Thursday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Week Beginning 4/1</b>	Track – East Kilbride	Barrachnie Run - Clockwise	Hill Session/Steady Run with 2 x 3 Race Pace Bursts - Club	<b>Great Edinburgh XC</b>	Sunday Run from the Club – 10.30am.
<b>Week Beginning 11/1</b>	Track – East Kilbride	Hampden Run – Anti Clockwise	Hill Session - Club	Club Session – 4-10 mins x 4 mins (2 mins rec) - Tollcross	Sunday Run from the Club – 10.30am.
<b>Week Beginning 18/1</b>	Track – East Kilbride	Clyde Gateway Run – Clockwise  <b>TEMPO TUESDAY</b>	Hill Session - Club	Glasgow Endurance Session 4-10 x 4 mins (2 mins rec) – Tollcross	Sunday Run from the Club – 10.30am.
<b>Week Beginning 25/1</b>	Track – East Kilbride	Barrachnie Run - Clockwise	Hill Session/Steady Run with 2 x 3 Race Pace Bursts - Club	<b>National Masters CCC – Forres</b>  Club Session 4-10 mins (2 mins rec) – Tollcross	Sunday Run from the Club – 10.30am.

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### February 2016

	<b>Monday</b>	<b>Tuesday</b>	<b>Thursday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Week Beginning 1/2</b>	Track – East Kilbride	Hampden Run – Clockwise	Hill Session - Club	Club Session 4-8 mins x 5 mins (2 mins rec) Pollok Park	Sunday Run from the Club – 10.30am.
<b>Week Beginning 8/2</b>	Track – East Kilbride	Clyde Gateway Run – Anti Clockwise  <b>TEMPO TUESDAY</b>	Hill Session - Club	Glasgow Endurance Session 4-10 x 4 mins (2mins rec) – Tollcross	Sunday Run from the Club – 10.30am.
<b>Week Beginning 15/2</b>	Track – East Kilbride	Barrachnie Run – Anti Clockwise	Hill Session - Club	Club Session – 5-10 x 3 mins (2 mins rec) – Pollok Park	Sunday Run from the Club – 10.30am.
<b>Week Beginning 22/2</b>	Track – East Kilbride	Hampden Run – Anti Clockwise	Easy Run with 2 x 3 Race Pace Bursts - Club	<b>National Cross Country Championships – Falkirk</b>	Sunday Run from the Club – 10.30am.
<b>Week Beginning 29/2</b>	Track – East Kilbride	Clyde Gateway Run - Clockwise	Easy Run with 2 x 3 Race Pace Bursts - Club		<b>Down by the River 3km &amp; 10km</b>

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### March 2016

	<b>Monday</b>	<b>Tuesday</b>	<b>Thursday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Week Beginning 7/3</b>		Barrachnie Run – Clockwise	10 mins out and back - Club	<b>Schools XC – Irvine</b>  Club Session TBC	Sunday Run from the Club – 10.30am.
<b>Week Beginning 14/3</b>	Track – East Kilbride	Hampden Run – Clockwise	10 mins out and back - Club	Club Session TBC	<b>Alloa Half Marathon</b>  Sunday Run from the Club – 10.30am.
<b>Week Beginning 21/3</b>	Track – East Kilbride	Clyde Gateway Run – Anti Clockwise  <b>TEMPO TUESDAY</b>	10 mins out and back - Club	Club Session TBC	Sunday Run from the Club – 10.30am.
<b>Week Beginning 28/3</b>	Track – East Kilbride	Barrachnie – Anti Clockwise	Easy Run with 2 x 3 Race Pace Bursts - Club	<b>National Yong Athletes Road Champs - Greenock</b>	<b>6/4 Stage Road Relays – Livingston</b>