

STORNOWAY RUNNING & ATHLETICS CLUB WINTER TRAINING CALENDAR 2015/16

November 2015

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week Beginning 2/11	Club track session meet @ 5.45 for 6pm start	4-8 mile Steady hilly run (route 1) Meet @ Porters 5.15 for 5.30 start		Mixed Hill Session Meet @ Smith Avenue changing rooms 5.45 for 6pm start	'BANTER RUN' (group run @ leisurely pace) meet 5.20 for 5.30 start Sportscentre car park	LEWIS & HARRIS XC SERIES RACE 1	Sunday Run, off road from 9am Golf Club 8-14 miles
Week Beginning 9/11	Club track session meet @ 5.45 for 6pm start	4-8 mile Steady hilly run (route 2) Meet @ Porters 5.15 for 5.30 start	Circuit training in Sports centre 5.30pm followed by 4 mile recovery run	Mixed Hill Session Meet @ Smith Avenue changing rooms 5.45 for 6pm start	'BANTER RUN' (group run @ leisurely pace) meet 5.20 for 5.30 start Sportscentre car park	Cross country reps 4-7 x 3 minutes with 2 min recoveries Meet @ Porters Lodge 9.30am	Sunday Run, off road from 9am Golf Club 8-14 miles
Week Beginning 16/11	Club track session meet @ 5.45 for 6pm start	4-8 mile Steady hilly run (route 1) Meet @ Porters 5.15 for 5.30 start	Circuit training in Sports centre 5.30pm followed by 4 mile recovery run	Mixed Hill Session Meet @ Smith Avenue changing rooms 5.45 for 6pm start	'BANTER RUN' (group run @ leisurely pace) 5.20pm sportscentre	Cross country reps 3-7 x 4 minutes with 3 min recoveries Meet @ Porters Lodge 9.30am	Sunday Run, off road from 9am Golf Club 8-14 miles

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Week Beginning 23/11	Club track session meet @ 5.45 for 6pm start	4-8 mile Steady hilly run (route 2) Meet @ Porters 5.15 for 5.30 start	Circuit training in Sports centre 5.30pm followed by 4 mile recovery run	WACKY RACE 2	'BANTER RUN' (group run @ leisurely pace) 5.20pm sportscentre	Cross country reps 4-7 x 4 minutes with 3 min recoveries Meet @ Porters Lodge 9.30am	Sunday Run, off road from 9am Golf Club 8-14 miles
Week Beginning 30/11	Club track session meet @ 5.45 for 6pm start	4-8 mile Steady hilly run (route 1) Meet @ Porters 5.15 for 5.30 start	Circuit training in Sports centre 5.30pm followed by 4 mile recovery run	Easy/ steady Run with 4 x 2 minute bursts. Meet @ Smith Avenue changing rooms 5.45	'BANTER RUN' (group run @ leisurely pace) 5.20pm sportscentre	ND XC CHAMPS OR NORTH LEWIS 10K/5K	Sunday Run, off road from 9am Golf Club 8-14 miles

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December 2015

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week Beginning 7/12	Club track session meet @ 5.45 for 6pm start	4-8 mile (2) Steady hilly run, Meet @ Porters 5.15 for 5.30 start	Circuit training in Sports centre 5.30pm followed by 4 mile rec run	Mixed Hill Session Meet @ Smith Avenue changing rooms 5.45pm	'BANTER RUN' (group run @ leisurely pace) 5.20pm sportscentre	Cross country reps 3-6 x 5 min with 3 min recoveries Meet @ Porters Lodge 9.30am	Sunday Run, off road from 9am Golf Club 8-15 miles
Week Beginning 14/12	Club track session meet @ 5.45 for 6pm start	4-8 mile (1) Steady hilly run, Meet @ Porters 5.15 for 5.30 start	Circuit training in Sports centre 5.30pm followed by 4 mile rec run	Mixed Hill Session Meet @ Smith Avenue changing rooms 5.45pm	'BANTER RUN' (group run @ leisurely pace) 5.20pm sportscentre	CLUB CHRISTMAS HANDICAP (Wacky race 3)	Sunday Run, off road from 9am Golf Club 8-15 miles
Week Beginning 21/12	Club track session meet @ 5.45 for 6pm start	5-9 mile (2) Steady hilly run, Meet @ Porters 5.15 for 5.30 start	Circuit training in Sports centre 5.30pm followed by 4 mile rec run			BOXING DAY TROT (family run, details tbc)	Sunday Run, off road from 9am Golf Club 8-15 miles
Week Beginning 28/12	Club track session meet @ 5.45 for 6pm start	5-9 mile (1) Steady hilly run, Meet @ Porters 5.15 for 5.30 start	Circuit training in Sports centre 5.30pm followed by 4 mile rec run	FLETT TREK (club social event, details tbc)		Cross country reps 5 mins threshold, 10 x 1 min (1 min rec), 5 mins threshold	Sunday Run, off road from 9am Golf Club 8-16 miles

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January 2016

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week Beginning 4/1	Club track session meet @ 5.45 for 6pm start	5-9 mile Steady hilly run, Meet @ Porters 5.15 for 5.30 start (2)	Circuit training in Sports centre 5.30pm followed by 4 mile rec run	Mixed Hill Session Meet @ Smith Avenue changing rooms 5.45pm	'BANTER RUN' (group run @ leisurely pace) 5.20pm sportscentre	Cross country reps 4-8 x 4 mins with 2 min recoveries	Sunday Run, off road from 9am Golf Club 8-16 miles
Week Beginning 11/1	Club track session meet @ 5.45 for 6pm start	5-9 mile Steady hilly run, Meet @ Porters 5.15 for 5.30 start (1)	Circuit training in Sports centre 5.30pm followed by 4 mile rec run	Mixed Hill Session Meet @ Smith Avenue changing rooms 5.45pm	'BANTER RUN' (group run @ leisurely pace) 5.20pm sportscentre	LEWIS & Harris XC RACE 2	Sunday Run, off road from 9am Golf Club 8-16 miles
Week Beginning 18/1	Club track session meet @ 5.45 for 6pm start	5-9 mile Steady hilly run, Meet @ Porters 5.15 for 5.30 start (2)	Circuit training in Sports centre 5.30pm followed by 4 mile rec run	Mixed Hill Session Meet @ Smith Avenue changing rooms 5.45pm	'BANTER RUN' (group run @ leisurely pace) 5.20pm sportscentre	Cross country reps 3-7 x 5 mins with 2.30 min recoveries	Sunday Run, off road from 9am Golf Club 8-16 miles
Week Beginning 25/1	Club track session meet @ 5.45 for 6pm start	5-9 mile Steady hilly run, Meet @ Porters 5.15 for 5.30 start (1)	Circuit training in Sports centre 5.30pm followed by 4 mile rec run	WACKY RACE 4	'BANTER RUN' (group run @ leisurely pace) 5.20pm sportscentre	Cross country reps 5-10 x 4 mins with 2.30 min recoveries	Sunday Run, off road from 9am Golf Club 8-16 miles

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February 2016

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week Beginning 1/2	Club track session 5.45 for 6pm start	6-10 mile (2) Steady hilly run, Meet @ Porters 5.15 for 5.30 st	Circuit training S.C 5.30pm followed by 4 mile rec run	Mixed Hill Session Meet @ Smith Avenue 5.45pm	'BANTER RUN' (group run @ leisurely pace) 5.20pm	LEWIS & HARRIS XC RACE 3	Sunday Run, off road from 9am Golf Club 8-16 miles
Week Beginning 8/2	Club track session 5.45 for 6pm start	6-10 mile (1) Steady hilly run, Meet @ Porters 5.15 for 5.30 st	Circuit training S.C 5.30pm followed by 4 mile rec run	Mixed Hill Session Meet @ Smith Avenue 5.45pm	'BANTER RUN' (group run @ leisurely pace) 5.20pm S centre	Cross country reps 5-10 x 4 min with 2 min recoveries	Sunday Run, off road from 9am Golf Club 8-16 miles
Week Beginning 15/2	Club track session 5.45 for 6pm start	6-10 mile (2) Steady hilly run, Meet @ Porters 5.15 for 5.30 st	Circuit training S.C 5.30pm followed by 4 mile rec run	Mixed Hill Session Meet @ Smith Avenue 5.45pm	'BANTER RUN' (group run @ leisurely pace) 5.20pm S centre	Cross country reps 6-11 x 3 min with 1.30 recoveries	Sunday Run, off road from 9am Golf Club 6-12 miles
Week Beginning 22/2	Club track session 5.45 for 6pm start	4-8 mile Steady run, Meet @ Porters 5.15 for 5.30 st (1)	Circuit training in Sports centre 5.30pm followed by 4 mile rec run	WACKY RACE 5	'BANTER RUN' (group run @ leisurely pace) 5.20pm S centre	NATIONAL CROSS COUNTRY CHAMPIONSHIPS - FALKIRK	Sunday road run 6-10 miles
Week Beginning 29/2	Club track session 5.45 for 6pm start	4-8 mile Steady run, Meet @ Porters 5.15 for 5.30 st (2)	Circuit training in Sports centre 5.30pm followed by 4 mile rec run	Mixed Hill Session Meet @ Smith Avenue 5.45pm	'BANTER RUN' (group run @ leisurely pace) 5.20pm S centre		Sunday road run from 9am Golf Club 8-16 miles

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March 2016

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week Beginning 7/3	Club track session 6pm				'BANTER RUN' (group run @ leisurely pace) 5pm		INVERNESS HALF MARATHON
Week Beginning 14/3	Club track session 6pm				'BANTER RUN' (group run @ leisurely pace) 5pm		
Week Beginning 21/3	Club track session 6pm				'BANTER RUN' (group run @ leisurely pace) 5pm		
Week Beginning 28/3	Club track session 6pm				'BANTER RUN' (group run @ leisurely pace) 5pm		