

STORNOWAY RUNNING & ATHLETICS CLUB WINTER TRAINING CALENDAR 2017/18

October 2017

	Monday	Tuesday	Wed	Thursday	Friday	Saturday	Sunday
Week Beginning 09/10	Club track session meet @ running track for 6pm	4-6 mile Steady paced hilly run (route 1) clockwise Meet @ Porters lodge 5.30 start		Trail reps, meet at Porters Lodge for 5.30 start. 3 x 5-7 min reps with 3 min recovery	'BANTER RUN' (group run @ leisurely pace) meet @Sports centre car park for 5.30	ND XC Relays- Tain Or 5 min tempo, 5x 2 min, 5 min tempo (3-2 min recoveries)	Sunday Long Run, meet @ Golf Club for 9.30am 8-12 miles easy pace
Week Beginning 16/10	Club track session meet @ running track for 6pm	4-6 mile Steady paced hilly run (route 2) clockwise Meet @ Porters lodge 5.30 start		Trail reps, meet at Porters Lodge for 5.30 start. 3 x 5-7 min reps with 3 min recovery	'BANTER RUN' (group run @ leisurely pace) meet @Sports centre car park for 5.30	Cross country reps, Meet @ An Cotan Nursery 10am 4-7 x 3 minutes with 2 min recoveries	Sunday Long Run, meet @ Golf Club for 9.30am 8-12 miles easy pace
Week Beginning 23/10	Club track session meet @ running track for 6pm	4-6.5 mile Steady paced hilly run (route 1) Anti-clockwise Meet @ Porters lodge 5.30 start		Wacky Race 1 4.1 mile handicap Meet at Porters Lodge (first runner off at 5.15)	'BANTER RUN' (group run @ leisurely pace) meet @Sports centre car park for 5.30	Cross country reps, Meet @ An Cotan Nursery 10am 3-5 x 4 minutes with 3 min recoveries	Sunday Long Run, meet @ Golf Club for 9.30am 8-12 miles easy pace
Week Beginning 30/10	Club track session meet @ running track for 6pm	4-7 mile Steady paced hilly run (route 2) Anti-clockwise Meet @ Porters lodge 5.30 start		Hill reps, meet @ Smith Avenue for 5.30 start. Carns hill 2 sets of 5 x 45 sec (jog down + 5 min between sets)	'BANTER RUN' (group run @ leisurely pace) meet @Sports centre car park for 5.30	Cross country reps, Meet @ An Cotan Nursery 10am 7 min tempo, 5 x 2 min, 5 min tempo (3-2 min recoveries)	Sunday Long Run, meet @ Golf Club for 9.30am 8-12 miles easy pace

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November 2017

	Monday	Tuesday	Wed	Thursday	Friday	Saturday	Sunday
Week Beginning 06/11	Club track session meet @ running track for 6pm	4-7 mile Steady paced hilly run (route 1) clockwise Meet @ Porters lodge 5.30 start		Easy paced 30-40 min run (including 4 x 2 min bursts of pace) Meet @ Smith Avenue for 5.30 start.	'BANTER RUN' (group run @ leisurely pace) meet @Sports centre car park for 5.30	LEWIS & HARRIS XC SERIES RACE 1	Sunday Long Run, meet @ Golf Club for 9.30am 8-13 miles easy pace
Week Beginning 13/11	Club track session meet @ running track for 6pm	4-7.5 mile Steady paced hilly run (route 2) clockwise Meet @ Porters lodge 5.30 start		Continuous hills, hard up, steady down (Cearns/Stew dr loop) 3-4 reps Meet @ Smith Avenue for 5.30 start.	'BANTER RUN' (group run @ leisurely pace) meet @Sports centre car park for 5.30	Cross country reps, Meet @ An Cotan Nursery 10am 5-8 x 3 minutes with 2 min recoveries	Sunday Long Run, meet @ Golf Club for 9.30am 8-13 miles easy pace
Week Beginning 20/11	Club track session meet @ running track for 6pm	4-7.5 mile Steady paced hilly run (route 1) Anti-clockwise Meet @ Porters lodge 5.30 start		Hill reps, meet @ Smith Avenue for 5.30 start. Caber hill 2 sets of 6 x 45 sec (jog down + 5 min between sets)	'BANTER RUN' (group run @ leisurely pace) meet @Sports centre car park for 5.30	NORTH DISTRICT XC LEAGUE, NHH Or Cross country reps 4-6 x 4 minutes with 2.30 min recoveries	Sunday Long Run, meet @ Golf Club for 9.30am 8-13 miles easy pace
Week Beginning 27/11	Club track session meet @ running track for 6pm	4-7.5 mile Steady paced hilly run (route 2) Anti-clockwise Meet @ Porters lodge 5.30 start		WACKY RACE 2 5km handicap Meet at running track (first runner off at 5.15)	'BANTER RUN' (group run @ leisurely pace) meet @Sports centre car park for 5.30	Ness 10k/5k	Sunday Long Run, meet @ Golf Club for 9.30am 8-13 miles easy pace

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December 2017

	Monday	Tuesday	Wed	Thursday	Friday	Saturday	Sunday
Week Beginning 4/12	Club track session meet @ running track for 6pm	4-8 mile Steady paced hilly run (route 1) clockwise Meet @ Porters lodge 5.30 start		Easy paced 30-40 min run (including 4 x 2 min bursts of pace) Meet @ Smith Avenue for 5.30 start.	'BANTER RUN' (group run @ leisurely pace) meet @Sports centre car park for 5.30	NORTH DISTRICT XC champs, Gordonston	Sunday Long Run, meet @ Golf Club for 9.30am 8-14 miles easy pace
Week Beginning 11/12	Club track session meet @ running track for 6pm	4-8 mile Steady paced hilly run (route 2) clockwise Meet @ Porters lodge 5.30 start		Continuous hills, hard up, steady down (Cearns/Stew dr loop) 3-5 reps Meet @ Smith Avenue for 5.30 start.	'BANTER RUN' (group run @ leisurely pace) meet @Sports centre car park for 5.30	CLUB CHRISTMAS HANDICAP (Wacky race 3) Meet @ Porters lodge. First runner away at 10am	Sunday Long Run, meet @ Golf Club for 9.30am 8-14 miles easy pace
Week Beginning 18/12	Club track session meet @ running track for 6pm	4-8.5 mile Steady paced hilly run (route 1) Anti-clockwise Meet @ Porters lodge 5.30 start		Hill reps, meet @ Smith Avenue for 5.30 start. Caber hill 2 sets of 6 x 50 sec (jog down + 5 min between sets)	'BANTER RUN' (group run @ leisurely pace) meet @Sports centre car park for 5.30	Cross country reps, Meet @ An Cotan Nursery 10am 8 min tempo, 4-7 x 2min, 8 min tempo (all off 2 min rec)	Sunday Long Run, meet @ Golf Club for 9.30am 8-14 miles easy pace
Week Beginning 25/12	Club track session meet @ running track for 6pm	BOXING DAY TROT Social festive run (optional fancy dress)		Hill reps, meet @ Smith Avenue for 5.30 start. Cearns hill 2 sets of 6 x 55 sec (jog down + 5 min between sets)	'BANTER RUN' (group run @ leisurely pace) meet @Sports centre car park for 5.30	Cross country reps, Meet @ An Cotan Nursery 10am 6-10 x 3 min off 2 min rec	Sunday Long Run, meet @ Golf Club for 9.30am 8-14 miles easy pace

January 2018

STORNOWAY RUNNING & ATHLETICS CLUB WINTER TRAINING CALENDAR 2017/18

	Monday	Tuesday	Wed	Thursday	Friday	Saturday	Sunday
Week Beginning 1/1	Club track session meet @ running track for 6pm	4-8.5 mile Steady paced hilly run (route 1) clockwise Meet @ Porters lodge 5.30 start		Continuous hills, hard up, steady down (Cearns/Stew dr loop) 3-5 reps Meet @ Smith Avenue for 5.30 start.	'BANTER RUN' (group run @ leisurely pace) meet @Sports centre car park for 5.30	Cross country reps, Meet @ An Cotan Nursery 10am 5-8 x 4 min off 2 min rec	Sunday Long Run, meet @ Golf Club for 9.30am 8-15 miles easy pace
Week Beginning 08/1	Club track session meet @ running track for 6pm	4-9 mile Steady paced hilly run (route 2) clockwise Meet @ Porters lodge 5.30 start		Hill reps, meet @ Smith Avenue for 5.30 start. Caber hill 2 sets of 6 x 50 sec (jog down + 5 min between sets)	'BANTER RUN' (group run @ leisurely pace) meet @Sports centre car park for 5.30	EDINBURGH XC Or cross country reps.9 min tempo, 5-8 x 2min, 9 min tempo (2 -1 min rec)	Sunday Long Run, meet @ Golf Club for 9.30am 8-15 miles easy pace
Week Beginning 15/1	Club track session meet @ running track for 6pm	4-9 mile Steady paced hilly run (route 1) Anti-clockwise Meet @ Porters lodge 5.30 start		Hill reps, meet @ Smith Avenue for 5.30 start. Cearns hill 2 sets of 6 x 1 min (jog down + 5 min between sets)	'BANTER RUN' (group run @ leisurely pace) meet @Sports centre car park for 5.30	LEWIS & HARRIS XC RACE 2	Sunday Long Run, meet @ Golf Club for 9.30am 8-16 miles easy pace

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Week Beginning 22/1	Club track session meet @ running track for 6pm	4-9.5 mile Steady paced hilly run (route 2) Anti-clockwise Meet @ Porters lodge 5.30 start		WACKY RACE 4 (5km handicap) Meet @ track, first runner off at 5.15	'BANTER RUN' (group run @ leisurely pace) meet @Sports centre car park for 5.30	Cross country reps, Meet @ An Cotan Nursery 10am 4 x 3 min (90s rec) 10 min tempo (3r) 4 x 3 min (90rec)	Sunday Long Run, meet @ Golf Club for 9.30am 8-16 miles easy pace
Week beginning 29/01	Club track session meet @ running track for 6pm	4-10 mile Steady paced hilly run (route 1) clockwise Meet @ Porters lodge 5.30 start		Continuous hills, hard up, steady down (Cearns/Stew dr loop) 3-5 reps Meet @ Smith Avenue for 5.30 start.	'BANTER RUN' (group run @ leisurely pace) meet @Sports centre car park for 5.30	ND XC LEAGUE – ROSS COUNTY Or Cross country reps, Meet @ An Cotan Nursery 10am 8 tempo, 4 x5min, 8 min tempo (all off 2 min rec)	Sunday Long Run, meet @ Golf Club for 9.30am 8-16 miles easy pace

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February 2018

	Monday	Tuesday	Wed	Thursday	Friday	Saturday	Sunday
Week Beginning 05/02	Club track session meet @ running track for 6pm	4-10 mile Steady paced hilly run (route 2) clockwise Meet @ Porters lodge 5.30 start		Hill reps, meet @ Smith Avenue for 5.30 start. Caber hill 2 sets of 7 x 50 sec (jog down + 5 min between sets)	'BANTER RUN' (group run @ leisurely pace) meet @Sports centre car park for 5.30	Cross country reps, Meet @ An Cotan 10am 2 sets of- 10 min tempo + 4 x 2 mins (2&1minrec)	Sunday Long Run, meet @ Golf Club for 9.30am 8-16 miles easy pace
Week Beginning 12/02	Club track session meet @ running track for 6pm	4-10 mile Steady paced hilly run (route 1) Anti-clockwise Meet @ Porters lodge 5.30 start		Hill reps, meet @ Smith Avenue for 5.30 start. Cearns hill 2 sets of 7 x 1 min (jog down + 5 min between sets)	'BANTER RUN' (group run @ leisurely pace) meet @Sports centre car park for 5.30	LEWIS & HARRIS XC RACE 3	Sunday Long Run, meet @ Golf Club for 9.30am 8-16 miles easy pace
Week Beginning 19/02	Club track session meet @ running track for 6pm	4-8 mile Steady run, (route 2) Anti-clockwise Meet @ Porters lodge 5.30 start		WACKY RACE 5 (5k handicap) Meet @ track, first runner off at 5.15	'BANTER RUN' (group run @ leisurely pace) meet @Sports centre car park for 5.30	NATIONAL CROSS COUNTRY CHAMPIONSHIPS - FALKIRK	Sunday Long Run, meet @ Golf Club for 9.30am 8-16 miles easy pace
Week Beginning 26/02	Club track session meet @ running track for 6pm	4-8 mile Steady run, Meet @ Porters 5.30		Trail reps, meet at Porter lodge 5.30 3 x 7 mins off 3 min rec	'BANTER RUN' (group run @ leisurely pace) meet @Sports centre car park for 5.30	Road reps, Meet @ An Cotan 10am 2-3 sets off (3x 1km 90sec rec)	Sunday Long Run, meet @ Golf Club for 9.30am 8-16 miles easy pace

