Tuesday Night Training 2011

7.00pm – 8.00pm

Please find below details of the Tuesday 'Quality Sessions' between now and Christmas.

All sessions will start at 7pm and finish at 8pm unless otherwise advised :-

30/08/11	Canal 5K – Timed Run	Canal Nr. Fisherman's Pub
06/09/11	Canal 5K – Timed Run	Canal Nr. Fisherman's Pub
13/09/11	Canal 5K – Timed Run	Canal Nr. Fisherman's Pub
20/9/11	Endurance – Nab Wood 1 Mile Reps – Road	Bradford & Bingley Sports Club
27/9/11	Speed – Paarlauf laps – Grass	Bradford & Bingley Sports Club
27/9/11	Track – 12 x 400m with 100m slow jog recovery	Greenhead Track – Keighley
04/10/11	Hill – Ghyll Wood Long Reps (6-10) - Road	Bradford & Bingley Sports Club
11/10/11	Endurance – 20 min tempo – Road	Bradford & Bingley Sports Club
18/10/11	Speed – Timed Pyramid (4',3',2',1',2',3',4') – Grass	Bradford & Bingley Sports Club
18/10/11	Track – 6 x 800m with 200m slow jog recovery	Greenhead Track – Keighley
25/10/11	Hill – Primrose 'Up n Along' x 10-15 – Road	Bradford & Bingley Sports Club
01/11/11	Endurance – 5k time trial – Road	Bradford & Bingley Sports Club
08/11/11	Speed – 4 x 5 mins at 10k pace – Grass	Bradford & Bingley Sports Club
08/11/11	Track – 5 x 1k with 200m slow jog recovery	Greenhead Track – Keighley
15/11/11	Hill – Ghyll Wood Lamp Post Pyramid Reps – Road	Bradford & Bingley Sports Club
22/11/11	Endurance – Nab Wood 1 Mile Reps – Road	Bradford & Bingley Sports Club
29/11/11	Speed – 2 sided efforts with long/short recovery – Grass	Bradford & Bingley Sports Club
29/11/11	Track – 1,2,3,2,1 lap pyramid	Greenhead Track – Keighley
06/12/11	Hill – Cottingly Cliff Reps – Road	Bradford & Bingley Sports Club
13/12/11	Endurance – 5k Time Trial – Road	Bradford & Bingley Sports Club
20/12/11	Christmas Break	No Training

Training will recommence **10th January 2011**

The sessions are aimed at athletes of **ALL abilities** who are keen to develop their speed, strength and stamina with a view to improving their overall fitness and competitive performance.
All sessions will start with a gentle warm-up jog followed by some technique drills before moving into the main session. After the session there will be a warm-down jog followed by stretching exercises.
(Track sessions – 1 ½ mile road warm up, simple strides, session then 1 ½ mile cool down)

Cost = B&B session = £1.00 ('Free' with Annual Training Pass)
Track sessions = £2.00 per night at UAK Track, Greenhead Keighley – BD20 6EB

Any questions, please call or send me a text / e-mail

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