

Falkirk Vics Road Running Group Tuesday -Thursday Programme

Dat	Tues	Location	Dat	Thurs	Location	Dat	Tues	Location	Dat	Thurs	Location
03-Nov	2m WU, 20 min Hills, 2m CD		05-Nov	Easy Run Dist: 6mi @8:43		12-Jan	2m WU, 4 x 1m (3min rec), 2m CD	Falkirk Stadium	14-Jan	Steady Run Dist: 7mi, inc WU CD	
10-Nov	2m WU, 3 x 1m (3min rec), 2m CD		12-Nov	Tempo Run Dist: 5mi, inc Warm; 4mi@7:45; Cool		19-Jan	2m WU, Pyramid 1 to 6 to 1min efforts (1/2 time rec) , 2m CD		21-Jan	Speed work Dist: 6mi, inc Warm; 8x800@3:20 1m CD	
17-Nov	2m WU, 8 x2 min Bursts, 2m CD warm; cool		19-Nov	Pyramids 1m WU 2,4,8.8.4,2 (same rec)1m CD	Track	26-Jan	2m WU, 20 min Hills, 2m CD		28-Jan	Pyramids 1m WU 2,4,8.8.4,2 (same rec) CD	Track
24-Nov	2m WU, Pyramid 1 to 6 to 1min efforts (1/2 time rec) , 2m CD		26-Nov	4x 4 minute Negative splits warm; cool		02-Feb	2m WU, 10 x 1 min Bursts, (1min rec) 2m WD		04-Feb	Easy Run Dist:6mi @ 8:00	
01-Dec	2m WU, 10 x 1 min Bursts, (1min rec) 2m CD		03-Dec	10 x 400m Rec is 1 to 1 1/2 minutes	Track	09-Feb	1m WU, 4 x 1m (3min rec), 1mCD		11-Feb	4x4 minute Negative splits warm; cool	
08-Dec	Tempo Run Dist: 6mi, inc Warm; 4mi@7:25; Cool		10-Dec	Hill Run Dist: 6mi @8:15	To Rumford via laurieston	16-Feb	Tempo Run Dist: 7mi, inc Warm; 5mi@7:30; Cool		18-Feb	2m WU, 4 x(4 x 400, relays) 2min between sets), 2m WD	Track
15-Dec	3 x 4 minute Negative splits warm; cool		17-Dec	Speed work Dist: 5mi, inc Warm; 5x800@3:30 w/400 jogs; Cool	Track	23-Feb	2m WU,6 x4 min Bursts, (1/2 time rec) 2m WD		25-Feb	Tempo Run Dist: 8mi, inc Warm; 6mi@7:35; Cool	
22-Dec	2m WU, Pyramid 1 to 6 to 1min efforts (1/2 time rec) , 2m CD		24-Dec	Tempo Run Dist: 6mi		02-Mar	2m WU, 20 min Hills, 2m CD		04-Mar	12 x 400m Rec is 1 to 1 1/2 minutes	Track
29-Dec	2m WU, 20 min Hills, 2m CD		31-Dec	2m WU, 10 x 1 min Bursts, (1min rec) 2m CD		09-Mar	Steady Run Dist: 8mi, inc WU CD		11-Mar	Speed work Dist: 7mi, inc Warm; 10x800@3:15 3:15 Recovery; Cool	
05-Jan	Easy Run Dist: 6mi @8:10		07-Jan	pyramids1m WU 2,4,8,12,8,4,2 same rec 1m CD	Track	16-Mar	2m WU, 8 x2 min Bursts, (1min rec) 2m CD		18-Mar	1/2m WU 10k time trial 1/2 m CD;	