**Training Rota for January 2018**

**All sessions suitable for all ages from 6 years + (under 8’s must be accompanied by an adult) and adapted for age and ability. Help from parents of younger children for our coaches is most appreciated. Contact** info@lothianrunningclub.co.uk **if you would like to know more about how you can help.**

**Sessions at Craigswood track, £2 per person or £5 max for family. All other sessions free**

## \* All sessions may have to be altered at short notice due to unforeseen circumstances

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| **Date** | **Location** | **Session** | **Coaches** |
| **Tuesday****2nd***First Tues only* | **St Margaret’s HS****(start at car park nearest road at St. Margaret’s High Sch)** | Fiddlers Handicap 4m or 1.5mU8’s must be accompanied by adult | No coachContact Colin Partridge on web page for handicap time. |
| **Tuesday****2nd***and every Tuesday thereafter* | **The Meadows, Edinburgh****@ 7.30pm for****7.55pm start** | Choice of intervals | Martin Hyman |
| **Thursday****4th** | **Craigswood Track****6.50pm for 7.00pm start** | IntervalsIndoors available for younger juniors | Owen WilliamsSaran Jones |
| **Saturday****6th** | **Parkrun @ Civic Centre EH54 7DN** | 9.30am | Not run by club |
| **Sunday****7th** | **Dechmont Law Car park @ 10am** | Intervals and varying activities off road in wood & field | Martin HymanLindsay Anne |
| **Thursday****11th** | **Craigswood Track****6.50pm for 7.00pm start** | IntervalsIndoors available for younger juniors | Owen WilliamsAlan Moffat |
| **Sunday****13th** | **Dechmont Law Car park @ 10am** | Intervals and varying activities off road in wood & field | Martin HymanChristine Mc |
| **Thursday****18th** | **Craigswood Track****6.50pm for 7.00pm start** | IntervalsIndoors available for younger juniors | Owen WilliamsSaran Jones |
| **Sunday****21st** | **Dechmont Law Car park @ 10am** | Intervals and varying activities off road in wood & field | Martin HymanLorna Downes |
| **Thursday****25th** | **Craigswood Track****6.50pm for 7.00pm start** | IntervalsIndoors available for younger juniors | Owen WilliamsAlan Moffat |
| **Sunday****28th** | **Dechmont Law Car park @ 10am** | Intervals and varying activities off road in wood & field | Martin HymanBrian Turner |
| **Sunday Rota****Details** |  |  |  |
| **7th****Martin Hyman****Nicola****Lindsay** | **Walk up hill.****Run or jog Motorway Lap to Alien Stone.** **(*Only older stronger runners if they who want to.)*****Others walk up hill, Jog into woods, Warm up according to taste.****Practise relay take-over.****Relay round big log lap.****Hooter Hills @ 10.45** |
| **14th****Martin Hyman****Christine** | **Walk up hill. Warm-up from start of western obstacle lap.****3 uphill bounds / Timed laps of western obstacle lap.****Relay round western obstacle lap.****Speeding up laps (Faraway / cut-off or 650m) at 10.45**  |
| **21st****Martin Hyman****Lorna** | **Walk up hill. Jog to normal start.****Drills and stretches if wanted.** **Numbers Game from bench.****Hill heist from bench.****3 /2/1 Hill reps from Alien Stone at 10.45** |
| **28th****Martin Hyman****Brian** | **Walk up hill. Jog to normal start.****Drills and stretches if wanted.****Big Log Lap** (Time each other in pairs.)**Numbers Game from cut off lap.****Relay round cut-off lap at 10.45****(Teams of 4 doing 3 x 1/3 lap, or 2 doing 2x full lap)** |
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**Notes**

* **Anyone is very welcome to substitute another activity of their choice. Please let Martin H know a.s.a.p. if you would like to try.**
* **All the 10.45 activities are designed to be suitable for adults. We hope that they will join us after their run. But we must try hard to be ready by this time so that they don’t have to wait about.**

**Cockleroy Chaser**

**Hill Fun Run**

**Under UKA Rules. Scottish Athletics Permit**

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| **When** | Tuesday December 26th 2017. Start 11.15. |
| **Where** | **Beecraigs Country Park**, Nr. Linlithgow.Cockleroy Car Park. Grid Ref: OS Sheet 65, 995 742There are toilets at **Balvormie car park** GR 998 741 |
| **What** | A short fun run /walk to the top of the hill and back. Total distance about one kilometre.About 50 meters of climb.Certificates, kit-kat & juice to all who finish with a smile.No prizes.Plenty of warm / waterproof clothing advised. |
| **Who For** | Active youngsters and novices aged 5 -105.Under eights must be accompanied. |
| **Cost** | **10p** (but half price for senior citizens.) |
| **Note** | This is held in conjunction with the**Beecraigs Festive Frolics.** These are Handicap trail races of 7 or 14 Km.Start times from 11 am. Entry free. |
| **Details****From** | **Trail Races:** Peter West (01506 492088) peterwest@blueyonder.co.uk**Fun Run:** Martin Hyman (01506 412322) martinhyman@clara.co.uk |

**Hill Cockleroy**