

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

Date	Location	Session	Coaches
Tuesday 2nd <i>First Tues only</i>	St Margaret's HS (start at car park nearest road at St. Margaret's High Sch)	Fiddlers Handicap 4m or 1.5m U8's must be accompanied by adult	No coach Contact Colin Partridge on web page for handicap time.
Tuesday 2nd <i>and every Tuesday thereafter</i>	The Meadows, Edinburgh @ 7.30pm for 7.55pm start	Choice of intervals	Martin Hyman
Thursday 4th	Craigswood Track 6.50pm for 7.00pm start	Intervals Indoors available for younger juniors	Owen Williams Saran 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 Hyman Lindsay Anne
Thursday 11th	Craigswood Track 6.50pm for 7.00pm start	Intervals Indoors available for younger juniors	Owen Williams Alan Moffat
Sunday 13th	Dechmont Law Car park @ 10am	Intervals and varying activities off road in wood & field	Martin Hyman Christine Mc
Thursday 18th	Craigswood Track 6.50pm for 7.00pm start	Intervals Indoors available for younger juniors	Owen Williams Saran Jones
Sunday 21st	Dechmont Law Car park @ 10am	Intervals and varying activities off road in wood & field	Martin Hyman Lorna Downes
Thursday 25th	Craigswood Track 6.50pm for 7.00pm	Intervals	Owen Williams Alan Moffat

	start	Indoors available for younger juniors	
Sunday 28th	Dechmont Law Car park @ 10am	Intervals and varying activities off road in wood & field	Martin Hyman Brian Turner
Sunday Rota Details			
7th Martin Hyman Nicola Lindsay	Walk up hill. Run or jog Motorway Lap to Alien Stone. <i>(Only older stronger runners if they who want to.)</i> 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		
14 th 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)		

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

When	Tuesday December 26 th 2017. Start 11.15.
Where	Beecraigs Country Park , Nr. Linlithgow. Cockleroy Car Park. Grid Ref: OS Sheet 65, 995 742 There 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

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Fun Run: Martin Hyman

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