

WEEKLY TRAINING TIMETABLE

TRAINING AT THE TAN

Meet at Gate A- Cnr Anderson St & Alexandra Ave- South Yarra

DAY	COACH	TRAINING SESSION
TUES 9:30 AM	Kate Richardson	Beginners to intermediate level- 5/10k- to half marathon- This session focuses on technique, strength and speed development. Runners will enjoy varied training including Intervals, fartlek and hills. Suitable for al levels.
MON & WED 6:00 PM	Val Covacci Nicky Saville	Beginners -General level 5-10k - Mondays session combines technique drills, strength exercises and moderate hill running. This is a total body conditioning session which is challenging and good fun! Wednesday is the day for working on improving speed with interval training, fartlek running. Suitable for runners with 10k times of 55-70min+ FIT FOR 5 beginner runners follow walk/run progressions to achieve a goal of running 5k.
MON & WED 6:15 PM	Carol Cunningham	General- low intermediate level 10k- Half marathon/marathon- Mondays session combines technique drills, strength exercises and moderate hill running. Wednesday focuses on development of speed and stamina through fartlek and longer repetition runs at race pace. This group is suitable for runners in the 45-55min 10k range
TUES & THUR 6:15 PM	Brian Schepisi	Intermediate - Advanced 10k- marathon - Brian helps runners acheive goal race times through very specific pace practice sessions and interval training at 5-10k, half marathon and marathon speeds. Ideal for runners with a goal of 3:30 down to sub 3hrs for the marathon, sub 1:30- 1:20 for the half or 35-40min for 10k.
TUES & THUR 6:00 AM	Kate Richardson	General- Intermediate+ level 10k- Half marathon/marathon- In this early morning squad Kate works enthusiastically with all runners developing speed, strength and stamina. Long fartlek sessions, interval training, hill and tempo running are all covered. Suitable for runners with sub 50min 10k times.
TUES & THUR 6:00 AM	Prue Thomas	Beginner-General level 5-10k -half marathons. Tuesday is the day for working on improving speed with interval training, fartlek running. Thursdays session combines technique drills, strength exercises and moderate hill running. This is a total body conditioning session which is challenging and good fun! Suitable for runners with 10k times of 55-70min+ FIT FOR 5 beginner runners follow walk/run progressions to achieve a goal of running 5k.

TRAINING AT PRINCES PARK- CARTLON

Meet next to adventure play ground- Princes Park Dve Mel Ref 29 H14

DAYS	COACH	TRAINING SESSION
MON & WED 6:00 PM	Prue Thomas Kevin O'Brien	Beginners- low intermediate level 10k- Half marathon/marathon- Mondays session combines technique drills, strength exercises and moderate hill running. Wednesday focuses on development of speed and stamina through fartlek and longer repetition runs at race pace. This group is suitable for runners in the 55-70min 10k range
TUES & THUR 6:15 PM	Paul Bryce	Intermediate - Advanced 10k- marathon - Paul helps runners acheive goal race times through very specific pace practice sessions and interval training at 5-10k, half marathon and marathon speeds. Ideal for runners with a goal of 3:30 down to sub 3hrs for the marathon, sub 1:30- 1:20 for the half or 35-40min for 10k.
TUES & THUR 6:00 AM	Gregor Gojvze- wski	Intermediate-Advanced+ level 10k- Half marathon/marathon- In this early morning squad Gregor works enthusiastically with all runners developing speed, strength and stamina. Long fartlek sessions, interval training, hill and tempo running are all covered.
TUES & THUR 6:00 AM	Anna McQueen	Beginner-General level 5-10k -half marathons. Tuesday is the day for working on improving speed with interval training, fartlek running. Thursdays session combines technique drills, strength exercises and moderate hill running. This is a total body conditioning session which is challenging and good fun! Suitable for runners with 10k times of 55-70min+ FIT FOR 5 beginner runners follow walk/run progressions to achieve a goal of running 5k.

TRAINING AT DUNCAN MACKINNON RESERVE ATHLETICS TRACK

North Rd Murumbeena- Mel Ref 69 A9- meet at main entry gate

DAYS	COACH	TRAINING SESSION
TUES & THUR 6:00 AM	Richard Bowles	Intermediate-Advanced+ level 10k- Half marathon/marathon- Having both the Athletics track and the outside 1.2km track makes training in this early morning squad all the more enjoyable. Richard gets the most out of each runner working on speed, technique and strength. Suitable for runners in the sub 50min 10k range
TUES & THUR 6:00 AM	Meg Surmon	Beginner-General level 5-10k -half marathons. Tuesday is the day for working on improving speed with interval training, fartlek running. Thursdays session combines technique drills, strength exercises and moderate hill running. This is a total body conditioning session which is challenging and good fun! Suitable for runners with 10k times of 55-70min+ FIT FOR 5 beginner runners follow walk/run progressions to achieve a goal of running 5k.

WEEKEND LONG RUNS 10K- MARATHON TRAINING

DAYS	COACH	TRAINING SESSION
SAT 8:30 AM	Prue Thomas	Beginner- General level- This is a relaxed long run of up 10k (option to run less). Meet next to Kanteen Cafe- Alexandra Ave- Opposite Como Park South Yarra -Mel Ref: 2M D2
SUN 8:00 AM	Paul or Richard	All levels- See Sunday Long Run Calendar link below. Our Sunday long runs of 10k up to 32k rotate between the Yarra Trail -Ivanhoe, Burnley-Kew Boulevard and the beach tracks from Brighton towards Black Rock. Runners build their long runs in preparation for half marathon and marathon events. Drinks and snacks are provided at the end of the run.