

Scotch College

Athletics Holiday Program 2009

Note: Boys can train with the sprinters at Scotch on the following days from 10:00am – 12:00 noon. Andy IS available at dates listed at the bottom of this page. We recommend your son follow the Middle Distance program and either attend the times below with the main squad or attend with Andy at his available times listed at the bottom of this page.

Monday	14 th September
Wednesday	16 th September
Friday	18 th September
Monday	21 st September
Wednesday	23 rd September
Friday	25 th September
Monday	28 th September
Wednesday	30 th September
Friday	2 nd October (Steve at a conference but other coaches at school)

If you have any queries please contact Steve Gaffney on 0412 646 521. And contact for Friday 2nd October is 0403418157 (Brenton Morley)

*******Athletics Holiday Program 2009*******

Middle Distance Program (this is it!)

Please note all boys welcome to above training times at top of page – e.g. coaches will follow the Middle Distance program for middle distance athletes at school at these times.

Andy Hart is available for training at Scotch (meet at Grandstand) at the following dates and times:

Tuesday	15 th September at 3.45-5.00pm
Wednesday	16 th September at 3.45-5.00pm
Saturday	19 th September at 10am-12noon
Monday	21 st September at 3.45-5.00pm
Wednesday	23 rd September at 10-12noon
Friday	25 th September at 10-12noon

Andy is not available for last week of holidays. Boys can join sprinters at school (see top of page) and follow Middle Distance program with support of coaches available.

If you have any queries please contact Andy Hart on 0433 351 987.

Holiday training program.

Will try and structure a day to day holiday program with the APS in mind. I am aware that many individuals will be going away from a track and will find sticking to this very difficult. Ultimately the more sessions you can do, or you can adapt, the fitter you will be. Try and get a balance of training and enjoying your holiday but remember the APS day is only 6 weeks away and some of you will never get a better chance to compete well so don't blow it, embrace it!

Saturday 12th Sept - Race at Box Hill Meet (bus at 7.30am outside Boatsheds)

Sunday – easy 40 mins (Andy's Birthday, Happy Birthday)

Monday – **800m boys** 200/220/240/260/280/300/280/260/240/220/200 all with walk back rec and try and be 3 secs slower on each rep for each 20m. e.g 200m in 30 sec, 220 in 33, 240 in 36, 260 in 39, 280 in 42 and 300 in 45

1500m boys 300/320/340/360/380/400/380/360/340/320/300 90 secs rec and try and be 4 secs slower on each rep for each 20m. e.g. 300m in 50 sec. 320 in 54, 340 in 58, 360 in 62, 380 in 66 and 400m in 70

Tuesday 15th Sept – easy 30 mins (Andy available for training at school 3.45-5pm)

Wednesday – 8x 200m diffs walk rec. 1st rep - easy 150m flat out 50m 2nd rep - easy 100m, flat out 100m, 3rd rep - easy 50m flat out 150m, 4th rep - flat out 200m, 5th rep same as 4th, 6th rep - same as 3rd, 7th rep - same as 2nd, 8th rep - same as 1st. (Andy available for training at school 3.45-5.00pm)

Thursday - Day on the beach

Friday – Sprint drills

Sat 19th Sept – 3x600m at 800 race pace with 8 mins rec or 3x 90 secs with 8 mins recovery (this one should really hurt - sorry)

(Andy available for training at school 10am-12noon– as this is a hard session highly recommend you meet Andy at School).

Sun – long easy run of about 40 mins

Monday 21st September – 5x2x200m with 30 secs and 5 mins rec (run 200m or 30 sec have 30 secs recovery and go again. Have 5 mins recovery and repeat a further 4 times.) (Andy available for training at school 3.45-5.00pm)

Tuesday – Easy 30 mins

Wednesday – 8x150m fast with walk round recovery. (Andy available for training at school 10am-12noon)

Thursday - Another day on the beach

Friday 25th – Sprint drills (Andy available for training at school 10am-12noon – last time you see Andy until Term 4 resumes)

Sat 26th – **800m runners.** 400m at 800 race pace with 30 sec rec, 200m with 20 secs rec, 200m with 10 mins rec and repeat if you are still able to move. **1500m runners.** 400m at 1500 race pace, 1 min rec, 400m with 1 min rec, 400m with 30 secs rec, 300m finish but if you are able try and repeat it again. (nasty one but got me into great shape)

Sun – long easy run of about 40 mins

Monday – Another day off to be kind to you

Tuesday – 4x400m with 6 mins rec fast

Wednesday – Easy 30 min run

Thursday – 5x3x100m with 20 secs and 3 mins rec. (run 100m have 20 secs rec run another 100m have 20 secs rec and run 1 more 100m. Have 3 mins rec and repeat another 4 times).

Friday – Day off

Sat – Time trial. 800m boys 600m flat out. 1500m boys 1000m flat out. 3k boys 2k flat out

Sunday - Easy run

Lots of training to fit in. My best advice to the busy boys with a busy life is to try and fit in the sessions through the week but make sure you have enough rest in between. Those of you that are able to do everything will come back fitter and faster than ever.

Good Luck

