

Collingwood AC - Monday Training Sessions

Some members attend a track session at The David Weir Centre, Middleton Road, Sutton each Monday at 7:30pm.

<http://www.streetmap.co.uk/map.srf?x=526660&y=166667&z=110&sv=526660,166667&st=4&ar=y&mapp=map.srf&searchp=ids.srf&dn=840&ax=526660&ay=166667&lm=0>

Email martyll@collingwoodac.org.uk if you require further details.

Collingwood AC - Tuesday Training Sessions

Tuesday training sessions are generally interval sessions unless weather conditions or races interrupt, meeting either at Croyas Sports 6:45 for a 7pm start, or at the location for each session. The schedule for these is on a 4 week rotation. The locations for the individual sessions vary according to the season and exact distances vary according to the location.

Short: 0.2 to 0.25 miles ~ 3k race pace or better

Medium: 0.5 to 0.6 miles ~ 5k race pace or better

Long: 1 mile ~ 10k race pace or better

Hills: 200 to 800m

The schedule for the 4 week rotation is:

Short	Medium	Long	Hills
3 rd Oct	10 th Oct	17 th Oct	24 th Oct
31 st Oct	7 th Nov	14 th Nov	21 st Nov
28 th Nov	5 th Dec	12 th Dec	19 th Dec
Boxing Day	2 nd Jan	9 th Jan	16 th Jan
23 rd Jan	30 th Jan	6 th Feb	13 th Feb

Collingwood AC - Thursday Training Sessions

Thursday sessions go from Croyas Sports, meeting at 6:45 for a 7pm start. Distances and pace depend on those attending, but are generally between 4 and 9 miles on local roads during the winter or usually in the local parks and woods during lighter evenings.

Collingwood AC - Sunday Training Sessions

Members often make individual arrangements to train together on a Sunday. One group usually starts from Mellows Park, Stafford Road, Wallington when not racing, and returns to the café for refreshments afterwards. Distances depend on those attending but are generally a longer run of 10 miles upwards.

<http://www.streetmap.co.uk/map.srf?x=530010&y=164025&z=110&sv=530010,164025&st=4&ar=y&mapp=map.srf&searchp=ids.srf&dn=840&ax=530010&ay=164025&lm=0>