

Ballymena Runners Monday Training, 18:20 Seven Towers Leisure Centre  
October 2017 - January 2018

Section Lead	Mark Alexander			John McGerty			
Monday	7s & 8s Tempo	Tempo Session	8:30 Steady	9:00 Steady	9:00 Tempo	Tempo Session	9:30 Steady
02-Oct	Mark Alexander	3x10	John Donnelly	Paddy Millar	Alastair Donaghy	1x18	Andrew Hutchinson
09-Oct	Paul Wallace	2x15	John Donnelly	Paddy Millar	Alastair Donaghy	3x6	Andrew Hutchinson
16-Oct	Ben Morrow	1x20,1x10	John Donnelly	Paddy Millar	Alastair Donaghy	2x10	Andrew Hutchinson
23-Oct	Paul Wallace	1x30	John Donnelly	Paddy Millar	Alastair Donaghy	1x12,1x8	Andrew Hutchinson
30-Oct	Mark Alexander	3x10	John Donnelly	Paddy Millar	Alastair Donaghy	1x20	Andrew Hutchinson
06-Nov	<b>AGM, 19.00, Michelin Club, Broughshane - No training</b>						
13-Nov	Mark Alexander	1x20, 1x10	John Donnelly	Paddy Millar	Alastair Donaghy	3x7	Andrew Hutchinson
20-Nov	Paul Wallace	1x30	John Donnelly	Paddy Millar	Alastair Donaghy	2x11	Andrew Hutchinson
27-Nov	Ben Morrow	3x10	John Donnelly	Paddy Millar	Alastair Donaghy	1x12,1x10	Andrew Hutchinson
04-Dec	Mark Alexander	2x15	John Donnelly	Paddy Millar	Alastair Donaghy	1x22	Andrew Hutchinson
11-Dec	Paul Wallace	1x20,1x10	John Donnelly	Paddy Millar	Alastair Donaghy	3x8	Andrew Hutchinson
18-Dec	Ben Morrow	1x30	John Donnelly	Paddy Millar	Alastair Donaghy	2x12	Andrew Hutchinson
25-Dec	<b>Christmas Day - No training</b>						
01-Jan	<b>Race Over the Glens - No training</b>						
08-Jan	Mark Alexander	3x10	John Donnelly	Paddy Millar	Alastair Donaghy	1x14,1x10	Andrew Hutchinson
15-Jan	Paul Wallace	2x15	John Donnelly	Paddy Millar	Alastair Donaghy	1x24	Andrew Hutchinson
22-Jan	Ben Morrow	1x20,1x10	John Donnelly	Paddy Millar	Alastair Donaghy	3x9	Andrew Hutchinson
29-Jan	Mark Alexander	1x30	John Donnelly	Paddy Millar	Alastair Donaghy	2x13	Andrew Hutchinson

**Step Up Week**

A good time to try out another group.

**Leader Refresher**

Leaders Refresher Training 6:30 Committee Room, Leisure Centre. All leaders asked to attend one session and arrange someone else to lead your group if necessary.

**Your Leader**

In many cases you will see a single leader for a group; they may however arrange for alternatives.

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October 2017 - January 2018

Section Lead	John McGerty		Stephen Brown			
Monday	10:00 Steady	10:30 Steady	60's	45's	30's	30's
02-Oct	Emma Stewart	Lynn Tennant	Peter Fleming	Paul Connolly	Emma Donnelly	Stephen Brown
09-Oct	Emma Stewart	Lynn Tennant	Pamela Davis	Margaret McAleese	Karen Ritchie	Stephen Brown
16-Oct	Emma Stewart	Lynn Tennant	Andrea Wylie	Kelly Courtney	Serena McFall	Stephen Brown
23-Oct	Emma Stewart	Lynn Tennant	Linda Pettigrew	Harry Armstrong	Jane Banks	Stephen Brown
30-Oct	Emma Stewart	Lynn Tennant	Helen McCormack	Michael Scott	John Watt	Stephen Brown
06-Nov	<b>AGM, 19.00, Michelin Club, Broughshane</b>					
13-Nov	Emma Stewart	Lynn Tennant	Robin Alexander	Beverly Kidd	Mairead Agnew	Stephen Brown
20-Nov	Emma Stewart	Lynn Tennant	Peter Fleming	Paul Connolly	Emma Donnelly	Stephen Brown
27-Nov	Emma Stewart	Lynn Tennant	Pamela Davis	Margaret McAleese	Karen Ritchie	Stephen Brown
04-Dec	Emma Stewart	Lynn Tennant	Andrea Wylie	Kelly Courtney	Serena McFall	Stephen Brown
11-Dec	Emma Stewart	Lynn Tennant	Linda Pettigrew	Harry Armstrong	Jane Banks	Stephen Brown
18-Dec	Emma Stewart	Lynn Tennant	Helen McCormack	Michael Scott	John Watt	Stephen Brown
25-Dec	<b>Christmas Day - No training</b>					
01-Jan	<b>Race Over the Glens - No training</b>					
08-Jan	Emma Stewart	Lynn Tennant	Jim Moore	Patricia McRory	Chris Young	Stephen Brown
15-Jan	Emma Stewart	Lynn Tennant	Robin Alexander	Beverly Kidd	Mairead Agnew	Stephen Brown
22-Jan	Emma Stewart	Lynn Tennant	Peter Fleming	Paul Connolly	Emma Donnelly	Stephen Brown
29-Jan	Emma Stewart	Lynn Tennant	Pamela Davis	Margaret McAleese	Karen Ritchie	Stephen Brown

**Step Up Week** A good time to try out another group.

**Leader Refresher** Leaders Refresher Training 6:30 Committee Room, Leisure Centre. All leaders asked to attend one session and arrange someone else to lead your group if necessary.

**Your Leader** In many cases you will see a single leader for a group; they may however arrange for alternatives.

Ballymena Runners Wednesday Training October 2017 - January 2018

Date	Venue	Time	Session	Leaders
04-Oct	Ecos	18:30	3 Sets (3, 2, 1), Jog Recovery (2, 1, 1)	Mark & Ruth
11-Oct	Ecos	18:30	9 x 2, Jog Recovery 1:30	Ray & Ben
18-Oct	Ecos	18:30	2 Sets (4, 2, 2), Jog Recovery (2, 1, 2)	Susanna & Gillian
25-Oct	Ecos	18:30	3, 3, 4, 4, 3, 3, Jog Recovery 2	Mark & Glen
01-Nov	Ecos	18:30	6 x 3, Jog Recovery 1:30	Ray & Paul
08-Nov	Ecos	18:30	2 Sets (2, 2, 3, 2, 1), Jog Recovery 1:30	Susanna & Gillian
15-Nov	Ecos	18:30	3 Sets (3, 2, 1), Jog Recovery (2, 1, 1)	Mark & Ruth
22-Nov	Ecos	18:30	6 x 2, Jog Recovery 1:30	Ray & Ben
29-Nov	Seven Towers Leisure Centre	18:30	Hills: 2 Sets 5 x 1 min, Jog Down , 3 min between sets	Susanna & Glen
06-Dec	Seven Towers Leisure Centre	18:30	Hills: 2 Sets 6 x 1 min, Jog Down , 3 min between sets	Mark & Ruth
13-Dec	Seven Towers Leisure Centre	18:30	Hills: 2 Sets 7 x 1 min, Jog Down , 3 min between sets	Ray & Paul
20-Dec	Seven Towers Leisure Centre	18:30	Hills: 1 Sets 5 x 1 min, Jog Down , 3 min between sets	Susanna & Gillian
27-Dec	<b>No Training</b>			
03-Jan	Ecos	18:30	5x3, Jog Recovery 2	Mark & Ruth
10-Jan	Ecos	18:30	4,4,3,3,2,2,1,1 (Jog Recovery 2,2,2,2,1,1,1,1)	Ray & Ben
17-Jan	Ecos	18:30	3 Sets (3, 2, 1), Jog Recovery (2, 1, 1)	Susanna & Ruth
24-Jan	Ecos	18:30	2 Sets (4, 2, 2), Jog Recovery (2, 1, 2)	Mark & Glen
31-Jan	Ecos	18:30	2 Sets(2,2,3,2,1)	Ray & Paul

Wednesday sessions will consist of a warm up run and drills, the interval session above and a cool down run and stretches. The sessions are for all abilities and designed to help you develop your running.

Ballymena Runners Sunday Training November December 2017

<b>Date</b>	<b>Venue</b>	<b>Time</b>	<b>Session</b>	<b>Leaders</b>
<b>12-Nov</b>	Glenariff Forest Park	09:00	Trail run	Mark Alexander and Ruth Aiken
<b>19-Nov</b>	Glenariff Forest Park	09:00	Trail run	Mark Alexander and Ruth Aiken
<b>26-Nov</b>	Glenariff Forest Park	09:00	Trail run	Mark Alexander and Ruth Aiken
<b>03-Dec</b>	Glenariff Forest Park	09:00	Trail run	Mark Alexander and Ruth Aiken
<b>10-Dec</b>	Glenariff Forest Park	09:00	Trail run	Mark Alexander and Ruth Aiken
<b>17-Dec</b>	Glenariff Forest Park	09:00	Trail run	Mark Alexander and Ruth Aiken

## Ballymena Runners Leaders Notes

- \* Check the rota to find out the dates you are down to lead. Note the dates of all sessions you are down to lead in your phone, work diary or whatever works for you.
- \* **Reminder e-mails will not normally be sent**
- \* **If any dates on this rota do not work for you please arrange to swap with someone and e-mail or text your section lead, details below.**
- \* If you are a regular leader but need others to support you on a given week please confirm their availability in good time and send a message to section leads below.
- \* If you have any general questions, suggestions or problems about the sessions that you are leading please discuss with the section lead below (or their support in brackets).

M o n d a y s	7:00 & 8:00 Tempo	Mark Alexander (Ruth Aiken)		<a href="mailto:sonofbillygoat@gmail.com">sonofbillygoat@gmail.com</a>
	8:30 Steady			
	9:00 Steady	John McGerty (Alastair Donaghy)	07791 413558	<a href="mailto:mcgerty@gilbert-ash.co.uk">mcgerty@gilbert-ash.co.uk</a>
	9:00 Tempo			
	9:30 Steady			
	10:00 Steady			
	10:30 Steady			
	60s	Stephen Brown (Emma Donnelly)	07885 649135	<a href="mailto:ballymenarunners@hotmail.com">ballymenarunners@hotmail.com</a>
	45s			
	30s			

**Thank you!**