Tuesday 25th June

Burrell carpark loop x 10

Thursday 27th June

200m shuttles at the duck pond.

Tuesday 2nd July

12 x 400m x 1min rec. Bella park.

Thursday 4th July

JULY TIME TRIAL

Tuesday 9th July

8 x 600m x 90sec Woodpecker field

Thursday 11th July

White poles session.

Tuesday 16th July

6 x 800m Bella park(ski centre).

Thursday 18th July

White poles session Pollok park.

Tuesday 23rd July

5 x 1km at Burrrell.

Thursday 25th July

Hill reps at Pollok house.

Tuesday 30th July

Whistle session.

Thursday 1st August

300m shuttles at Pollok house carpark.