

# RYDE RUN CLUB TRAINING CALENDAR 2012



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MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER
4th - Technique	15th - Speed		10th - Technique	8th - Hills	5th - Technique	9th - Strength and conditioning	14th - Speed
18th - Strength & conditioning	29th - Hills	27th - Acceleration	24th - Strength & conditioning	29th - Run Club Fun Run		30th - Acceleration	28th - Time trial

**Every Run Club session is designed in consideration of the upcoming event terrain and the form of training that will be required prior to that event.**

<b>Acceleration</b>	Acceleration helps you to build speed and velocity over time which can be critical if you are looking to improve on your overall pace.
<b>Hills</b>	Hill sessions are designed to build power into the legs and to increase the lactate threshold and improve overall cardiovascular fitness.
<b>Run Club Fun Run</b>	Mind Body Motion's first official event amongst Run Club members over a 10km course!
<b>Speed</b>	Speed sessions consist of a wide variety of different drills designed to work you at greater than race pace intervals to increase your speed.
<b>Strength and conditioning</b>	These sessions will work all the muscles required for running to ensure that you have the strength and endurance required to be injury free.
<b>Technique</b>	These sessions are critical and serve to enforce the right posture, cadence and technique to help you get the most out of your running.
<b>Time trials</b>	The test of time! A timed and measured run to determine your race pace in a simulated event situation. Distance will be based on the relevant event.

*All Run Club training sessions and orientation are held at 7:30am Meadowbank Park, Adelaide Street, West Ryde*

