

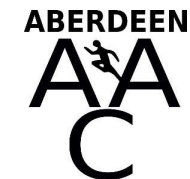
Aberdeen AAC

Open Club XC Training Sessions 2018-19

Club members to meet 1030 at the Balgownie Sports Pavillion car park. Facilities on site are often unavailable, including parking.

Follow advice and session instructions on website. Inform your coach of intent to participate.

Athletes are advised to not participate in a training session the day before a XC race.



Nov-18		Coach	Dec-18		Coach	Jan-19		Coach	Feb-19		Coach		
Thu	1		Sat	1	Balgownie, Course Practice	JJoy	Tue	1		Fri	1		
Fri	2		Sun	2			Wed	2		Sat	2	Balgownie, Short Laps, 1 every 4 mins	PKelly&RMcGuire
Sat	3	Balgownie, Big Laps, 1 every 7 mins	JJoy	Mon	3		Thu	3	Balgownie, Meet 10am	JJoy&RMcGui	Sun	3	
Sun	4		Tue	4			Fri	4		Mon	4		
Mon	5		Wed	5			Sat	5	Balgownie, Meet 10am	JJoy&RMcGui	Tue	5	
Tue	6		Thu	6			Sun	6		Wed	6		
Wed	7		Fri	7			Mon	7		Thu	7		
Thu	8		Sat	8	East XC Champs		Tue	8		Fri	8		
Fri	9		Sun	9			Wed	9		Sat	9	Balgownie, Big Laps, 1 every 7 mins	PKelly&Mstone
Sat	10	National Short XC	Mon	10			Thu	10		Sun	10		
Sun	11		Tue	11			Fri	11		Mon	11		
Mon	12		Wed	12			Sat	12	Balgownie, Big Laps, 1 every 7 mins	PKelly&JMCGr	Tue	12	
Tue	13		Thu	13			Sun	13		Wed	13		
Wed	14		Fri	14			Mon	14		Thu	14		
Thu	15		Sat	15	Balgownie, Big Laps, 1 every 7 mins	NCrawford	Tue	15		Fri	15		
Fri	16		Sun	16			Wed	16		Sat	16		
Sat	17	Balgownie, Short Laps, 1 every 4 mins	JJoy	Mon	17		Thu	17		Sun	17	Club Championships - Balgownie	
Sun	18		Tue	18			Fri	18		Mon	18		
Mon	19		Wed	19			Sat	19	East XC League	Tue	19		
Tue	20		Thu	20			Sun	20		Wed	20		
Wed	21		Fri	21			Mon	21		Thu	21		
Thu	22		Sat	22	Balgownie, Short Laps, 1 every 4 mins	JJoy	Tue	22		Fri	22		
Fri	23		Sun	23			Wed	23		Sat	23	National XC Championships	
Sat	24	East XC League	Mon	24			Thu	24		Sun	24		
Sun	25		Tue	25			Fri	25		Mon	25		
Mon	26		Wed	26			Sat	26	Balgownie, Short Laps, 1 every 4 mins	JJoy&MStone	Tue	26	
Tue	27		Thu	27	Balgownie, Meet 10am	MStone&RMC	Sun	27		Wed	27		
Wed	28		Fri	28			Mon	28		Thu	28		
Thu	29		Sat	29	Balgownie, Meet 10am	JJoy&RMcGui	Tue	29					
Fri	30		Sun	30			Wed	30					
			Mon	31			Thu	31					