

## HAMILTON HARRIERS CLUB – MEETING ON 3 APRIL 2006

Venue: Camphill Vaults, Bothwell.

Sederunt: Lorna Gall (club chairperson), Andy McLinden (club secretary), Lindsey Gray (treasurer/membership secretary), Jim Breen (minute's secretary), John Berry (press secretary), Peter Longworth.  
Jim Goldie (SLAP) - invited guest.

Apologies: David Adams, Willie Hamill.

### Issues from previous minutes

There was a discussion regarding the races to be selected for this year's Grand-Prix (Gents).

Jim Goldie discussed the possibility of using a formula to adjust times according to age.

### Business

Accounts – The present balance is £816.11

£250.00 has been spent on training courses to date.

There was a discussion regarding the effectiveness of various training courses e.g. Fit-to-Run. Level 2 Coaching Course – J Goldie suggested this was not the best course. He feels the Level 3 course is probably a more effective one for aspiring endurance coaches.

### Training Schedules

There was a discussion which focused on the best ways to differentiate training sessions, so that all ability levels can be suitably accommodated. The Level 1 & 2 coaches i.e. John Berry and Andy McLinden will devise training schedules that can be used and/or adapted to suit individual needs.

A change to the normal training pattern done on Tuesday's and Thursday's was agreed. Tuesday evenings will be used for the development of threshold training and Thursday evenings will be used for the development of speed work. This will allow two complete recovery days before the long Sunday run.

It was suggested that we could adopt some examples of good practice from Jog Scotland. They follow a programme that has three medium-hard training weeks followed one easy week. It was suggested that we could use the week of easy training to assess the ability of any newcomers to the club.

### New Training Venues

Tuesday 6.45 - Bothwell Primary School  
Thursday 6.45 - Hamilton Palace Grounds (if not too busy)  
Sunday 9.15 - Carrigan's pub in Blantyre for Chapelton run.

### AOCB

Pictures of the new running kit will be posted on the club's website.