

Aberdeen AAC

Open Club XC Training Sessions 2017-18

Club members to meet 1030 (1100 during Xmas holidays) at the Balgownie Sports Pavillion car park. Facilities on site are often unavailable.

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.



Oct-17		Coach	Nov-17		Coach	Dec-17		Coach	Jan-18		Coach
Sun	1		Wed	1		Fri	1		Mon	1	
Mon	2		Thu	2		Sat	2	Balgownie, Short Laps , 1 every 4 mins	J. Joy	Tue	2
Tue	3		Fri	3		Sun	3	Running Shop XC Series, Balgownie		Wed	3
Wed	4		Sat	4	Balgownie, Long Laps, 1 every 7 mins	M. Stone	Mon	4		Thu	4
Thu	5		Sun	5	Running Shop XC Series, Knockburn		Tue	5		Fri	5
Fri	6		Mon	6		Wed	6		Sat	6	Balgownie, Xmas holidays, meet 11am
Sat	7	Balgownie, Short Laps, 1 every 4 mins	N. Crawford	Tue	7		Thu	7		Sun	7
Sun	8		Wed	8		Fri	8		Mon	8	
Mon	9		Thu	9		Sat	9	East XC Champs, Livingston		Tue	9
Tue	10		Fri	10		Sun	10		Wed	10	
Wed	11		Sat	11	National Short XC, Kirkcaldy		Mon	11		Thu	11
Thu	12		Sun	12		Tue	12		Fri	12	
Fri	13		Mon	13		Wed	13		Sat	13	Inter District Champs, Edinburgh
Sat	14	East XC Relays, Glamis		Tue	14		Thu	14		Sun	14
Sun	15		Wed	15		Fri	15		Mon	15	
Mon	16		Thu	16		Sat	16	Balgownie, Long Laps, 1 every 7 mins	J. Joy	Tue	16
Tue	17		Fri	17		Sun	17	AAAC Indoor OGM		Wed	17
Wed	18		Sat	18	Balgownie, Long Laps, 1 every 7 mins	J. Joy	Mon	18		Thu	18
Thu	19		Sun	19		Tue	19		Fri	19	
Fri	20		Mon	20		Wed	20		Sat	20	East XC League, Broxburn
Sat	21	East XC League, Stirling		Tue	21		Thu	21		Sun	21
Sun	22		Wed	22		Fri	22		Mon	22	
Mon	23		Thu	23		Sat	23	Balgownie, Short Laps, 1 every 4 mins	J. Joy	Tue	23
Tue	24		Fri	24		Sun	24		Wed	24	
Wed	25		Sat	25	East XC League, Alloa		Mon	25		Thu	25
Thu	26		Sun	26		Tue	26		Fri	26	
Fri	27		Mon	27		Wed	27	Balgownie, Xmas holidays, meet 11am	N. Crawford	Sat	27
Sat	28	National XC Relays, Cumbernauld		Tue	28		Thu	28		Sun	28
Sun	29		Wed	29		Fri	29		Mon	29	
Mon	30		Thu	30		Sat	30	Balgownie, Xmas holidays, meet 11am	N. Crawford	Tue	30
Tue	31					Sun	31		Wed	31	