**GAA Glasgow Endurance Sessions 2015/16 Winter Programme**

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| Date (all Saturdays except 29 Dec) | Session | Venue | Lead Coach  |
| 31 October | Up to 10x 3min reps with 90 sec recovery | Bellahouston Park (grass).Meet at the Pitch and Putt field close to the sports centre | Norrie Hay |
| 14th November | Up to 10x 3min reps with 90 sec recovery | Bellahouston Park (grass). Meet at the Pitch and Putt |  |
| 29th December | 10mins threshold, 10x1mins with 1min recovery,10mins threshold | Nethercraigs  | Lynne Macdougall  |
| 16th January | Up to 10x4 mins with 2mins recovery | Tollcross Park (grass).Meet at the flagpole |  |
| 13thFebruary | Up to 10 x4mins with 2mins recovery | Tollcross Park (grass). Meet at the flagpole |  |

**Athletes should be warmed up and ready to start at 10.30am sharp.**

Guidance for session length:

Snr men 40mins +/- 2mins

Snr women – 25mins +/- 2mins

U20 men – 25mins +/- 2mins

U17men/u20 women – 20mins +/- 2mins

U17 women 18mins +/- 2mins

U15boys – 15mins +/- 2mins

U15 girls – 15mins +/- 2mins