

OMMIEDRAAI MAY TRAINING PLAN

MAIN TRAINING LOCATION: Rosmead Avenue (behind Spar). Location may change on weekends & public holidays

TIMES: 6.30pm on weekdays and varying times on weekends and public holidays.

Smaller, early morning groups are indicated at the bottom.

PACE/FITNESS: all welcome including walkers unless otherwise stated.

CONTACT: Head coach Kashief Sardien(0608448223) or Waleed Stemmet (chairman).

Members in the North can get in contact with Marisa 0799821732 for training runs on that side.

Morning runs . Contact the group leaders WRT times. (contact details below)

Comrades Training: Venues and distances TBA (Kaashiefa Anthony 0829245339)



	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total KM's
Week 1 02 – 08 May		CLUB RUN 18:30 (Flat run 10km) <u>Morning runs</u> BP NEMO Burger King REM Sniper	Strength Training 18:30	CLUB RUN 18:30 (Flat run 10km) <u>Morning runs</u> BP NEMO Burger King REM Sniper		RACE : EASTERNS 15 KM BRACKENFELL CLUB RUN 06:45 (12km Rosmead, Nandos parking. To Mowbray via main Road, right at Durban Road towards Common, back via Milner) Comrades run 1 – 2 hr	Comrades run 42 km	
Week 2 09 - 15 May		CLUB RUN 18:30 (Hilly route 10km) <u>Morning runs</u> BP NEMO Burger King REM Sniper	Strength Training 18:30	CLUB RUN 18:30 (Flat run 10km) <u>Morning runs</u> BP NEMO Burger King REM Sniper		CLUB RUN 06:45 (15km/10km Rosmead, Nandos parking. To TopGate via Bowwood Road, via Glastonbury Road, back via Klaassens Road) Comrades run 1 – 2 hrs	RACE : ABSA CITY RUN 10KM MILNERTON Comrades run 1 – 2 hrs	
Week 3 16 – 22 May		CLUB RUN 18:30 (Hilly route 10km) <u>Morning runs</u> BP NEMO Burger King REM Sniper	Strength Training 18:30	CLUB RUN 18:30 (Flat run 10km) <u>Morning runs</u> BP NEMO Burger King REM Sniper		CLUB RUN 06:45 (12km Rosmead, Nandos parking. To Common via Milner Road, around common, back via Palmyra Road) Comrades run 1 – 2 hrs	RACE : FALSE BAY 50KM GORDANS BAY Comrades run 1 – 2 hrs	

Week 4
23 – 29 May

CLUB RUN 18:30
(Hilly route 10km)

Morning runs
BP
NEMO
Burger King
REM
Sniper

Strength
Training
18:30

CLUB RUN 18:30
(Flat run 10km)

Morning runs
BP
NEMO
Burger King
REM
Sniper

CLUB RUN 06:45
(17km Rosmead,
Nandos parking.
To Constantia, up
Southern Cross,
right towards
Topgate, back via
Glastenbury road)

Comrades run
42 km

Comrades REST

Ommiedraai Athletics Club



CONTACT DETAILS

<p>WINSTON: Rosmead/Wetton Rd Group Leaders: Winston : 0795223295 Pace: all</p>	<p>NEMO's Run: Start at Nemo's restaurant Kromboom Rd (next to Spar) Group Leaders: Riaz Noordien 0827298188 Nur Hendricks 0824564255 Pace: +/- 4.30 - 5.30/km</p>	<p>BP: Rosmead/Wetton Rd Group Leaders: Achmat H. 0824969224 Wasfi A. 0763714089 Pace: +/- 5.30 - 6/km</p>	<p>SNIPER: Kromboom road Group Leaders: Raygaana 0832105543 Shahied 0826725887 Pace: +/- 6 – 6.30/km</p>
<p>TEM: Caltex Klip Road Group Leaders: Faizel Haroun 0760390581 Pace: +/- 6.00 - 7/km</p>	<p>Burger King: Turfal Road Group Leaders: Nadia 0832953198 Pace: all</p>	<p>Strength Training Group Leader: Ebrahiem Stemmet 0648917376</p>	

