Session 1 St Monans Coastal Path

Session 2 Crail Coastal Path

Session 3 Rennymill Half Mile Reps

Session 4 Rennymill 400m Reps

Session 5 Windmill Half Mile Reps

Session 6 Windmill Mile Reps

Session 7 Billowness Half Mile Reps

Session 8 Milton Farm – Mile Reps

Session 9 Waid – Farm Road – Crail Road Reps

Session 10 Blacklaws Road – Quarter and Half Mile Reps

Session 11 Blacklaws Road – Half Mile Reps

Session 12 Country Loop – Fartlek/Pyramid

Session 13 Glenogil Gardens/Mayview Loops

Session 14 Dreelside Reps

Session 15 Cellardyke Pyramids

Session 16 Kilrenny Common Pyramids

Session 17 Bankwell Road & Shore Road Reps

Session 18 Doctors Car Park Reps

Session 19 Away Night – Crail

Session 20 Away Night - Pittenweem

Session 21 Away Night – St Monans

Session 22 Away Night - Elie

Session 23 Away Night – Lundin Links

Session 24 Away Night – Shell Bay

Session 25 Kellie Law – Largo Law - Lomonds