

8 Week Session Schedule 2017/18



Date	Session	Training Type	Training Led By
06/09/2017	Run		
13/09/2017	Run		
20/09/2017	Run		
27/09/2017	Training	Loopy run, fartlek return	Tail runner
04/10/2017	Run		
11/10/2017	Training	Hill work (Prospect Lane)	Richard G
18/10/2017	Run		
25/10/2017	Training	School Yard	Richard B
01/11/2017	Run		
08/11/2017	Training	Speed work (School Lane/Prospect Lane loops)	Malcolm
15/11/2017	Run		
22/11/2017	Training	Roberttown Common - Triangle session	Andrea
29/11/2017	Run		
06/12/2017	Training	1.5 mile timed run Now 3.15 Run	Matt
13/12/2017	Run		
20/12/2017	Training	3-2-1 (Fancy Dress)	
27/12/2017	Run		
03/01/2018	Training	Loopy run, fartlek return	Tail runner
10/01/2018	Run		
17/01/2018	Training	Speed work (Slipper Lane)	Danny
24/01/2018	Run		
31/01/2018	Training	Hill work (Prospect Lane)	Richard G
07/02/2018	Run		
14/02/2018	Training	Speed work (School Lane/Prospect Lane loops)	Kath Knott/Clare B (TBC)
21/02/2018	Run		
28/02/2018	Training	School Yard Alternate venue TBA	Andrea
07/03/2018	Run		
14/03/2018	Training	Loopy run, fartlek return	Tail runner
21/03/2018	Run		
28/03/2018	Training	Roberttown Common - Triangle session	Richard B
04/04/2018	Run		
11/04/2018	Training	Speed work (Slipper Lane)	Danny
18/04/2018	Run		
25/04/2018	Training	1.5 mile timed run	Matt