

DATE	GROUP A	GROUP B	GROUP C	GROUP D	GROUP E	GROUP F	Events
3rd Dec 18	Track		Joint C & D – Track Session		Hills – sports centre	Bonderenco pacing session	Victory 5
10th Dec 18	Steady run – Common		Sprints!	Hills !	Lordshill Roulette	Hill pyramids	CC6 Janesmoor Pond
17th Dec 18	Track Session		Christmas lights	Joint D & E – Christmas lights fancy dress run		3x4x400	
24th Dec 18	<b>No Session</b>		<b>No Session</b>	<b>No Session</b>	Christmas eve social Christmas lights run	Breakdown intervals followed by pub!	Christmas Parkruns 25th Dec
31st Dec 18	<b>No Session</b>		<b>No Session</b>	<b>No Session</b>	Social run	Long run round city	
7th Jan 19	Pyramid Intervals - Track		Long run	1k Reps	Timed interval pyramids	Avenue of Pain	
14th Jan 19	Track Session		Pyramids – Track	Recovery Run	Bassett Green Road Fartlek		Stubbington 10k
21st Jan 19	Common Run		Hills! Sports Centre	Avenue of Pain	Extended run 90 min city loop	1k reps	
28th Jan 19	Track Session		Track Session	Play your cards right	Golf course hill pyramids	Oregon circuits – Track	Romsey 5M

**Groups A & B: for all “Track” sessions meet at Southampton Sports Centre Athletics Track**