

<u>DATE</u>	<u>GROUP A</u>	<u>GROUP B</u>	<u>GROUP C</u>	<u>GROUP D</u>	<u>GROUP E</u>	<u>GROUP F</u>	<u>Events!</u>
4th Feb 19	Track Session		Avenue of Pain	Indian File	Common Fartlek	Fartlek Recovery Session	HCCL – Dibden: 9th Feb
11th Feb 19	Common Run		Track Tempo	Pyramid Session	Timed Interval Pyramids - Flats	Track – Indian File	CC6 - Ashurst: 17th Feb
18th Feb 19	Track Session		Long Run (optional Extended Distance)	Track – Chase the Pace!	Avenue of Pain	Hills!	National XC Champs: 23rd Feb
25th Feb 19	Hills – Meet at Southampton Sports Centre Track		Pyramid Session	10k Bridge Run	Track – Timed Sprints	Avenue of Pain	
4th Mar 19	Common Run		1k Hill Reps	Golf Course Road Swingboat	BGR Fartlek	HIIT	CC6 – Wilverley: 10th Mar
11th Mar 19	Track Session		Long Run (optional Extended Distance)	Joint D & E – Lordshill Roulette		Graham’s Bondarenco	HRRL – Fleet HM: 17th Mar
18th Mar 19	Track Session		Speed & Recovery Session	Intervals	Extended Run (90 minutes)	Track Tempo – 2 X 4k	
25th Mar 19	Common Run		1 Mile Reps	Track Session	Joint E & F – Pyramid Intervals		
Groups A & B: for all “Track” sessions meet at Southampton Sports Centre Athletics Track							