

Date	Venue	Session	Coach
2/1/2019	Track	Mixed Intervals	Coach Martin
9/1/2019	Common, Meet at Bellemoor entrance	Tempovals- 4-6 x 1mile undulating tempo [2]	Runcamp
16/1/2019	Track	Mixed Intervals	Coach Martin
23/1/2019	Sports Centre, Meet near changing rooms	Big Hill, Little Hill: 25mins Continuous-Long Hill effort, short hill effort	Runcamp
30/1/2019	Track	Mixed Intervals	Coach Martin
6/2/2019	Common, Meet at Bellemoor entrance	Light to Light: Decreasing intervals	Runcamp
13/2/2019	Track	Mixed Intervals	Coach Martin
20/2/2019	Sports Centre, Meet near changing rooms	Intervals & Hills: 4-6 x 1/2mile intervals [30sec], 2 x SC Hill Reps [jog rec, 3mins]	Runcamp
27/2/2019	Track	Mixed Intervals	Coach Martin