

DATE	SESSION DETAILS
03/04/19	Pyramid of Power Coach Ben Common
10/04/19	5k, 10k, Half Marathon Fartlek Aaron Rogers Common
17/04/19	No Wednesday Evening Training because: <b>RR10 @ Royal Victoria Country Park</b> – race starts at 7:00pm
24/04/19	Interval loops Aaron Rogers Common
01/05/19	Varied Distance Sprints Aaron Rogers Common
08/05/19	Paired Hill Intervals Aaron Rogers Sports Centre
15/05/19	No Wednesday Evening Training because: <b>RR10 @ Wilverley Inclosure</b> – race starts at 7:30pm
22/05/19	Varied Terrain Intervals Aaron Rogers Sports centre
29/05/19	No Wednesday Evening Training because: <b>RR10 @ Cadland Estate, Blackfield</b> – race starts at 7:30pm
<b>NOTES</b>	<ul style="list-style-type: none"> <li>- For 'Track' sessions, meet at Southampton Athletics Track @18.50</li> <li>- For 'Sports Centre' sessions, meet at Southampton Sports Centre changing rooms @18:50</li> <li>- For 'Common' sessions, meet at the Bellemoor entrance to the Common @18:50</li> </ul>