

Sunday Sessions Meet at 8:30 am at Sainsbury's Lordshill Centre		Thursday Sessions Meet at 6:30 pm at entrance to the Common, Hill Lane, opposite the Bellemoor Pub	
Date	Session	Date	Session
02/06/2019	90 to 120 minutes easy pace	06/06/2019	60 minutes Social Run
09/06/2019	90 to 120 minutes easy pace	13/06/2019	3 x (10 min easy + 10 min at Marathon pace)
16/06/2019	90 to 120 minutes easy pace	20/06/2019	10 min+ easy 10 Marathon pace + 10 min easy + 10 min at half marathon pace + 10 min easy + 5 min at 10K pace + 5 min easy
23/06/2019	90 to 120 minutes easy pace	27/06/2019	3 x (10min easy + 10 min at Half Marathon Pace)
30/06/2019	90 to 120 minutes easy pace		