

DATE	GROUP A0	GROUP B	GROUP C	GROUP D	GROUP E	GROUP F	Events!
3.6.2019	5K Handicap Session						
10.6.2019	Angela - track - fast straights, easy curves		Sprints and Indian file	MW - Track	Avenue of pain	Lamp post 7 hill reps	
17.6.2019	Rosie - hills - pyramid intervals - meet at sports centre changing rooms		Avenue of pain	AC - Itchen Bridge 10k	Oregon Circuits (Common)	Kenyan hills	
24.6.2019	Rosie - track - flying 30s		Play your cards right	AC - 1 mile session	Itchen Navigation out (6:00 pm start Woodmill)	Mile reps	Lordshill 10K
1.7.2019	Angela - track - 1k reps		Hills - Sports centre	MW - Avenue of Pain	Itchen Navigation back (6:00-ish start Winchester Rail Station, exact tbc)	400m loops on grass	
8.7.2019	Rosie - common - steady run		Hiit	TS - joint D and E - track session run by group D - DAJ may not be available		5 x 1k reps	
15.7.2019	Angela - track - Decreasing intervals		Tempo session	TS - Pyramids	Joint E and F DAJ def not available		
22.7.2019	Angela - hills & sprints (cafe rise) meet at sports centre changing rooms		Lordswood trails	MW - Sports centre hill reps	Common Fartlek	Golf Course road hill attack	
29.7.2019	Rosie - track - Oregon circuits		Interval sprintables	PN - Town Quay run	Half Mile Hill - Lordswood		