

DATE	GROUP A0	GROUP B	GROUP C	GROUP D	GROUP E	GROUP F
5 th August 2019	Decreasing intervals (AC) @the track		August Hills @sport centre. (Long middle hill)	Pyramid (TS) @Common	Chilworth loop	Itchen navigation Meet 6pm Woodmill Lane outdoor centre
12 th August 2019	Ups & Downs (RE) @sports centre	Combined C/D session Chase the pace (MW) @Track			Sprints Cemetery road	30-20-10 fartlek
19 th August 2019	Steady Run (AC & LC) @the common	August Summer fun and games	Indian file (AC&MW) @the common		Hill pyramid (Sue's corner - Common)	Short Intervals
26 th August 2019	BANK HOLIDAY	BANK HOLIDAY	Town quay run (AC)	BANK HOLIDAY		Pyramid session
2 nd Sept 2019	Straights & Curves (AC) @the track	Indian file sprints @ the Common (flats)	Hill sessions (AC) @ the Common		Avenue of pain	Long intervals
9 th Sept 2019	Steady Run (LC) @the common	Hold the pace. @ the common - gravel/ path park-run finish	1 mile reps (MW)		Town quay run	Jelly legs session
16 th Sept 2019	Lamp post hill (RE) @sports centre	September HIT Location TBC	Itchen bridge (AC or TS)		BGR Fartlek (Basset area)	Avenue of pain
23 rd Sept 2019	Sprints & Agility (RE) @the track	Increasing decreasing intervals @track or cricket pitch	Avenue of Pain (MW)		Hill reps (Lordswood)	4x2km loops
30 th Sept 2019	Steady Run (AC & LC) @the common	Hills Location TBC	400m reps TBC		Mixed intervals (common)	Broken miles