

DATE	SESSION DETAILS
29 Jan 2020	10km Blend (Intervals) Runcamp <i>Common</i>
5 Feb 2020	Light to Light Intervals Runcamp <i>Common</i>
12 Feb 2020	Hill Blend (Kenyan Hills) Runcamp <i>Common</i>
19 Feb 2020	Joint Track Session with ISRC <i>Southampton Athletics Track</i>
26 Feb 2020	Joint Track Session with ISRC <i>Southampton Athletics Track</i>
4 March 2020	Joint Track Session with ISRC <i>Southampton Athletics Track</i>
11 March 2020	Intervals Runcamp <i>Common</i>
18 March 2020	Joint Track Session with ISRC <i>Southampton Athletics Track</i>
25 March 2020	Joint Track Session with ISRC <i>Southampton Athletics Track</i>
NOTES	<ul style="list-style-type: none"> - For 'Track' sessions, meet at Southampton Athletics Track @18.50 - For 'Sports Centre' sessions, meet at Southampton Sports Centre changing rooms @18:50 - For 'Common' sessions, meet at the Bellemoor entrance to the Common @18:50