

**YELLOW** – track (if there are two groups using the track they must meet in separate locations) | **BLUE** - Sporty hills | **GREEN** – Common

**GREY** – Ave of Pain | **PURPLE** – Oakmount Ave/Triangle | **RED** – King Edwards road block

Date		A & B	C	D	E	F
7 <sup>th</sup> December	Session title	<b>HILLS</b>	<b>FLYING 500s</b>	<b>INTERVALS</b>	<b>TEMPO INTERVALS</b>	<b>AVE OF PAIN</b>
	Meeting location	Sporting view	Taunton's – Hill Lane entrance	Sports Centre changing rooms	Vets for pets, Hill Lane	Jehangir restaurant
	Session location	Sports Centre	King Edwards block	Sports Centre Track	Common cross rds	Basset Ave
14 <sup>th</sup>	Session title	<b>INTRVALS</b>	<b>HILLS</b>	<b>CHASE THE PACE</b>	<b>MIXED TEMPO &amp; SPEED</b>	<b>TEMPO</b>
	Meeting location	Taunton's – Hill Lane entrance	Sporting view	Sports centre changing rooms	Vets for pets, Hill Lane	Jehangir restaurant
	Session location	King Edwards block	Sports Centre	Track	Common cross rds	Sports centre track
21 <sup>st</sup>	Session title	<b>PYRAMID</b>	<b>OREGON CIRCUITS</b>	<b>INTERVALS</b>	<b>BONDARENKO</b>	<b>HILL PYRAMID</b>
	Meeting location	Taunton's – Hill Lane entrance	Vets for pets, Hill Lane	Cowherds ph	Bellemoor Tavern	Sports centre changing rooms
	Session location	King Edwards block	Common cross roads	Oakmount Ave	Common Flats	Sport centre hills
28 <sup>th</sup>	Session title	<b>Bank holiday – no official club training.</b>				
	Meeting location					
	Session location					
4th Jan	Session title	<b>HILLS</b>	<b>LAMP POST INTERVALS</b>	<b>INTERVALS</b>	<b>FARTLEK</b>	<b>BONDARENKO</b>
	Meeting location	Sports centre changing rooms	Taunton's – Hill Lane entrance	Bellemoor tavern ph	Vets for pets, Hill Lane	Cowherds ph

	Session location	Sports Centre	King Edwards block	Common cross rds	Common Flats	Oakmont Ave or Cemetery Road
11 <sup>th</sup>	Session title	HILLS	FARTLEK	KM reps	AVE of PAIN	1 KM REPS
	Meeting location	Sporting view	Vets for pets, Hill Lane	Cowherds ph	Jehangir restaurant	Belle Moor Tavern
	Session location	Sports Centre	Common cross roads	Oakmount Ave	Basset Ave	Common flats or Cemetery road
18 <sup>th</sup>	Session title	FLYING 500s	CHASE THE PACE	HILLS	SPRINT PYRAMIDS	Avenue of Pain
	Meeting location	Taunton's – Hill Lane entrance	Vets for pets, Hill Lane	Sporting View ph	Cowherds ph	Jehangir restaurant
	Session location	King Edwards block	Common cross roads	Sports Centre	Cemetery Road /Avenue Junction or flats	Bassett Ave
25 <sup>rd</sup>	Session title	INTERVALS	123 INTERVAL SPRINTS	PYRAMIDS	Out and back faster.	FARTLEK
	Meeting location	Taunton's – Hill Lane entrance	Belle Moor Tavern	Belle Moor ph	Vets for pets, Hill Lane	Cowherds ph
	Session location	King Edwards block	Common Flats	Common cross roads	Residential streets	Cemetery Road
1 <sup>st</sup> Feb	Session title	INTERVALS	SQUARES	AVE of PAIN	HILLS	MILE REPS
	Meeting location	Vets for pets, Hill Lane	Taunton's – Hill Lane entrance	Jehangir restaurant	Sporting view	Belle Moor ph
	Session location	Common cross roads	King Edwards block	Basset Ave	Sports Centre	Common cross roads