

		A & B	C	D	E	F & G *
<b>4<sup>th</sup> April</b>	Session title/RL	<b>Gwenda- (Near to the) Start of British Summer Time Long Social Run Special.</b>	<b>Naomi- (Near to the) Start of British Summer Time Long Social Run Special.</b>	<b>Paul N- (Near to the) Start of British Summer Time Long Social Run Special.</b>	<b>Sari- (Near to the) Start of British Summer Time Long Social Run Special.</b>	<b>James- (Near to the) Start of British Summer Time Long Social Run Special.</b>
	Meeting location	Taunton's college car park/front lawn	Taunton's college car park/front lawn	Taunton's college car park/front lawn	Taunton's college car park/front lawn	Taunton's college car park/front lawn
	Session location					
<b>11<sup>th</sup> April</b>	Session title/RL	<b>Duncan</b>	<b>Caroline</b>	<b>Malc</b>	<b>TRACK</b>	
	Meeting location	Taunton's college car park/front lawn	Taunton's college car park/front lawn	Taunton's college car park/front lawn	Sports Centre Track	
	Session location				Sports Centre Track	
<b>Monday 18th April (Bank Holiday) No formal sessions.</b>						
<b>Wednesday 20<sup>th</sup> April – RR10 #1 - Fleming Park</b>						
<b>25<sup>th</sup> April</b>	Session title/RL	<b>GWENDA or STEPH Intervals</b>	<b>TRACK</b>	<b>Alison</b>	<b>Tim</b>	<b>Dave</b>
	Meeting location	Sports Centre Changing rooms	Sports Centre Track	Taunton's college car park/front lawn	Taunton's college car park/front lawn	Taunton's college car park/front lawn
	Session location	Sports Centre	Sports Centre Track		Avenue of the Pain	
<b>Monday 2<sup>nd</sup> May (Bank Holiday) No formal sessions.</b>						
<b>Wednesday 4<sup>th</sup> May – RR10 #2 – Itchen Valley Country Park – Lordshill Road Runners are hosting.</b>						
<b>9<sup>th</sup> May</b>	Session title/RL	<b>Steph</b>	<b>Lynn</b>	<b>TRACK</b>	<b>TRACK</b>	<b>Graham</b>
	Meeting location	Taunton's college car park/front lawn	Taunton's college car park/front lawn	Sports Centre Track	Sports Centre Track	Taunton's college car park/front lawn
	Session location			Sports Centre Track	Sports Centre Track	

<b>16<sup>th</sup> May</b>	Session title/RL	<b>Duncan</b>	<b>Caroline</b>	<b>Rosie</b>	<b>Jill</b>	<b>TRACK</b>
	Meeting location	Sports Centre Changing rooms	Taunton's college car park/front lawn	Taunton's college car park/front lawn	Taunton's college car park/front lawn	Sports Centre Track
	Session location	Sports centre Hills				Sports Centre Track
<b>Wednesday 18<sup>th</sup> May – RR10 #3 - River Hamble Country Park</b>						
<b>23<sup>rd</sup> May</b>	Session title/RL	<b>Steph</b>	<b>Hills</b>  <b>Naomi</b>	<b>TRACK</b>	<b>Jill</b>	<b>Mat - 15 min tempo &amp; interval relays</b>
	Meeting location	Taunton's college car park/front lawn	Taunton's college car park/front lawn	Sports Centre Track	Taunton's college car park/front lawn	Taunton's college car park/front lawn
	Session location		Sport Centre Hills	Sports Centre Track		Common – fishing pond area.
<b>30<sup>th</sup> May</b>	Session title/RL	<b>TRACK</b>		<b>Mat - 12 min tempo &amp; interval relays</b>	<b>Tim</b>	<b>Dave</b>
	Meeting location	Sports Centre Track		Taunton's college car park/front lawn		
	Session location	Sports Centre Track		Common – fishing pond area.		

\*F & G if possible, will split into 2 separate training groups if we have a second F/G RL available.

Track sessions: Meet at the track for 7pm start.

Common sessions: Tend to be faster based intervals compared to hill sessions based on the Sports Centre or within Bassett.

Facebook posts: Whilst not always possible we aim to post session plans on group Facebook pages prior to sessions taking place.

<p><b>Hampshire Road Race League Race (HRRL) Fixtures:</b> <a href="#">Road Race</a>  <a href="#">League Home Page (windows.net)</a></p> <p>3 Apr 2022 - Salisbury 10mile  8 May 2022 - Alton 10mile  15 May 2022 - Netley 10km</p>	
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19 June 2022 - Alresford 10km	
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**Meeting at Taunton's:**

- Government restrictions have been lifted allowing unlimited numbers of people congregating however, if attending please respect other members personal space and act responsibly – our aim should be to ensure all members feel comfortable.
- Members can use the bathroom facilities if needed but we do not have an agreement to leave bags at reception.
- Announcements aim to be 18:30 with groups departing shortly afterwards.
- Please do not attend a training session if you are feeling unwell.