

Lordshill Road Runners Wednesday Training Schedule Summer 2022

Date	Venue	Session
Wednesday 29th June	Common	Intervals
Wednesday 6th July	RR10	River Hamble Country Park
Wednesday 13th July	Sports Centre	Hills Drills and Muscle Aches
Wednesday 20th July	RR10	Uni Playing Fields Wide Lane
Wednesday 27th July	Common	Speedwork
Wednesday 3rd August	RR10	Badger Farm
Wednesday 10th August	Sports Centre	Hills Drills and Muscle Aches
Wednesday 17th August	RR10	IBM Hursley
Wednesday 24th August	Common	A PB don't come for free
Wednesday 31st August	Sports Centre	Hills Drills and Muscle Aches
Wednesday 7th September	Common	Tempo-ral Displacement
Wednesday 14th September	Sports Centre	Hills Drills and Muscle Aches
Wednesday 21st September	Common	Need for Speed
Wednesday 28th September	Sports Centre	Hills Drills and Muscle Aches
Wednesday 05th October	Common	I just Fartleked
Wednesday 12th October	Sports Centre	Hills Drills and Muscle Aches
Wednesday 19th October	Common	Ladder to Success
Wednesday 26th October	Sports Centre	Hills Drills and Muscle Aches
Wednesday 02nd November	Sports Centre	Going Track to my roots (?)