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| --- | --- | --- | --- | --- |
| **Date** | **Coach** | **Session** | **Duration** | **Recovery** |
| **Sunday 2/01** |  | **Teversal Grange Run meet in car park** |  | **8am start** |
| **Tuesday 4/01** | **Phil** | **Meet at Railway Station for Lactic session on Abacus** | **45min** | **45secs** |
| **Thursday 6/01** | **Tracey** | **Meet at School from now on. Track Session** | **40min** | **As instructed** |
| **Saturday 8/01** |  | **Nottinghamshire County Championship X/C at Berry Hill** |  | **Start 10.30** |
| **Sunday 9/01** |  | **Steve Williams Run meet at Steve,s car park Huthwaite** |  | **8am start** |
| **Tuesday 11/01** | **Paul** | **Hill Session at Common Road** | **30min** | **As instructed** |
| **Thursday 13/01** | **Tracey** | **Track Session** | **40min** | **As Instructed** |
| **Saturday 15/01** |  | **Final North Mids X/C at Berry Hill** |  | **12.00 start** |
| **Sunday 16/01** |  | **Booths Cross Country at Bramcote Hills Park** |  | **11am start** |
| **Sunday 16/01** |  | **Sunday Run meet at Ashfield Pub Car Park** |  | **8am start** |
| **Tuesday 18/01** | **John** | **200/400/500/800 800/500/400/ 200 Repeat** | **40min** | **Walk/jog** |
| **Thursday 20/01** | **Tracey** | **Track Session** | **40min** | **As Intructed** |
| **Sunday 23/01** |  | **Sunday Run Felly meet at Lay-By M1 Junction 27** |  | **8am start** |
| **Tuesday 25/01** | **Phil** | **Out and Back run 25min out and run back in less time** | **50 min** | **None** |
| **Thursday 27/01** | **Tracey** | **Hill Session at Prospect Close off Lowmoor road** | **35min** | **As intructed** |
| **Sunday 30/01** |  | **Pinxton Run meet at car park on Victoria Road Pinxton** |  | **8am start** |
| **Tuesday 1/02** | **Phil** | **800/800** | **40min** | **Walk/jog** |