|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date** | **Coach** | **Session** | **Duration** | **Recovery** |
| **Thursday 2/01** |  | **Meet at Sutton Parkway Railway Station for Steady Run** | **To Suit** | **6.15 pm Start** |
| **Saturday 4/01** | **John** | **Steady Run** | **To Suit** | **Ashfield Pub Car Park 8am start** |
| **Sunday 5/01** |  | **Felly Run Meet M1 Lay-By M1 Junction 27 Kodak Side** | **2hrs or to suit** | **8am start** |
| **Tuesday 7/01** | **Phil** | **Hill Session at Fullwood Road off Common Road** | **30 min** | **As instructed** |
| **Thursday 9/01** | **Paul** | **800/1000** | **40 min** | **60 sec** |
| **Saturday 11/01** | **John** | **Steady Run** | **To Suit** | **Ashfield Pub Car Park 8am start** |
| **Sunday 12/01** |  | **Meet at Hucknall Market Place/ Car Park** | **2hrs or to suit** | **8am start** |
| **Tuesday 14/01** | **John** | **200/400/ 1.5 Mile / 200/400 / 1.5 Mile / 200/400** | **45 min** | **45 secs** |
| **Thursday 16/01** | **Phil** | **Short Efforts** | **40 min** | **As Instructed** |
| **Saturday 18/01** | **John** | **Hill Session on Pit Tip** | **To suit** | **As Instructed** |
| **Sunday 19/01** |  | **Booths Cross Country at Bramcote Hills Park Bramcote NG9 3JT** |  | **11am start** |
| **Sunday 19/01** |  | **Meet At Brierley Visitors Centre Huthwaite** | **2hrs or to suit** | **8am start** |
| **Tuesday 21/01** | **Paul** | **Out And Back Run Out 25min and Back in Less Time** |  | **None** |
| **Thursday 23/01** | **John** | **1,2,3,4,5 Timed Mile Reps** |  | **As Intructed** |
| **Saturday 25/01** | **John** | **Steady Run** | **To Suit** | **Ashfield Pub Car Park 8am Start** |
| **Sunday 26/01** |  | **Hutt Car Park Ravenshead** | **2hrs or to suit** | **8am start** |
| **Tuesday 28/01** | **Phil** | **Hill Session at Fullwood Road off Common Road** | **30 min** | **As Instructed** |
| **Thursday 30/01** | **Paul** | **200/400/500 Timed Pyramid** | **40 min** | **As Intructed** |
| **Saturday 1/02** | **John** | **Steady Run** | **To suit** | **Ashfield Pub Car Park** |