

	April 2016		May 2016		June 2016		July 2016		August 2016		September 2016	
Thursday					02-Jun	Speed Session					01-Sep	Speed Session
Tuesday	05-Apr	5k Time Trial	03-May	5k Time Trial	07-Jun	5k Time Trial	05-Jul	5k Time Trial	02-Aug	5k Time Trial	06-Sep	5k Time Trial
Thursday	07-Apr	Parlour Relays	05-May	Parlour Relays	09-Jun	Parlour Relays	07-Jan	Parlour Relays	04-Aug	Parlour Relays	08-Sep	Parlour Relays
Tuesday	12-Apr	Summer Hill Reps	10-May	3 Min Intervals	14-Jun	3 Min Intervals	12-Jul	3 Min Intervals	09-Aug	3 Min Intervals	13-Sep	3 Min Intervals
Thursday	14-Apr	Speed Session	12-May	Speed Session	16-Jun	Speed Session	14-Jan	Speed Session	11-Aug	Speed Session	15-Sep	Speed Session
Tuesday	19-Apr	3 Minute Intervals	17-May	Cross Country Run	21-Jun	Cross Country Run	19-Jul	Cross Country Run	16-Aug	Cross Country Run	20-Sep	Hill Reps
Thursday	21-Apr	Speed Session	19-May	Speed Session	23-Jun	Speed Session	21-Jan	Speed Session	18-Aug	Speed Session	22-Sep	Speed Session
Tuesday	26-Apr	Nutrition Talk (Renee McGregor) <b>No Training</b>	24-May	Summer Hill Reps	28-Jun	Summer Hill Reps	26-Jul	Summer Hill Reps	23-Aug	Summer Hill Reps	27-Sep	Parlour Relay (Field)
Thursday	28-Apr	Speed Session	26-May	Speed Session	30-Jun	Speed Session	28-Jan	Speed Session	25-Aug	Speed Session	29-Sep	Speed Session
Tuesday			31-May	Cross Country Run					30-Aug	Cross Country Run		