

	October 2017	November 2017	December 2017	January 2018	February 2018	March 2018
Thursday		02-Nov Speed Session			01-Feb Speed Session	01-Mar Speed Session
Tuesday	03-Oct 5k Time Trial	07-Nov No Training - AGM	05-Dec 5k Time Trial	02-Jan NO TRAINING - XMAS	06-Feb 5k Time Trial	06-Mar 5k Time Trial
Thursday	05-Oct Interval Session Hayes Park	09-Nov Interval Session Hayes Park	07-Dec Interval Session Hayes Park	04-Jan NO TRAINING - XMAS	08-Feb Interval Session Hayes Park	08-Mar Interval Session Hayes Park
Tuesday	10-Oct 10k Fartlek	14-Nov 5k Time Trial	12-Dec 10k Fartlek	09-Jan 5k Time Trial	13-Feb 10k Fartlek	13-Mar 10k Fartlek
Thursday	12-Oct Speed Session	16-Nov Speed Session	14-Dec Speed Session	11-Jan Speed Session	15-Feb Circuit Training (or road Run)	15-Mar Speed Session
Tuesday	17-Oct 4 x 1 Mile Speed Reps	21-Nov 10k Fartlek	19-Dec 4 x 1 Mile Speed Reps	16-Jan 10k Fartlek	20-Feb 4 x 1 Mile Speed Reps	20-Mar 4 x 1 Mile Speed Reps
Thursday	19-Oct Speed Session	23-Nov Circuit Training (or road Run)	21-Dec Christmas Light 10k Ade	18-Jan Circuit Training (or road Run)	22-Feb Speed Session	22-Mar Speed Session
Tuesday	24-Oct Winter Hill Session	28-Nov Winter Hill Session	26-Dec NO TRAINING - XMAS	23-Jan Winter Hill Session	27-Feb Winter Hill Session	27-Mar Winter Hill Session
Thursday	26-Oct Circuit Training (or Road run)	30-Nov Speed Session	28-Dec NO TRAINING - XMAS	25-Jan Speed Session		29-Mar Circuit Training (or road Run)
Tuesday	31-Oct 5th Tuesday Road Run			30-Jan 5th Tuesday Road Run		