

		December 2018	January 2019	February 2019	
Tuesday	04-Dec	5k Time Trial (Ade)	01-Jan NO TRAINING - XMAS	05-Feb 5k Time Trial (Ade)	Seniors
Thursday	06-Dec	Interval Session Hayes Park Rich Maddock	03-Jan NO TRAINING - XMAS	07-Feb Interval Session Hayes Park Rich Maddock	Seniors
	06-Dec	Hayes Park with Seniors Andy	03-Jan NO TRAINING - XMAS	07-Feb 3k Time Trial Claire + Martin	Youth
	06-Dec	Bleep test Keith and Tim	03-Jan NO TRAINING - XMAS	07-Feb Juniors	Juniors
Tuesday	11-Dec	10k Fartlek	08-Jan 5k Time Trial (Ade)	12-Feb 10k Fartlek	Seniors
Thursday	13-Dec	Speed Session Joe Holborn	10-Jan Speed Session Andy Courtney	14-Feb Speed Session Andy Courtney	Seniors
	13-Dec	3k Time Trial Claire + Martin	10-Jan 3k Time Trial Claire + Martin	14-Feb Sprints Jo	Youth
	13-Dec	CHRISTMAS LIGHTS RUN AND PRESENTATION Keith and Joe	10-Jan Juniors	14-Feb Juniors	Juniors
Tuesday	18-Dec	4 x 1 Mile Speed Reps	15-Jan 10k Fartlek	19-Feb 4 x 1 Mile Speed Reps	Seniors
Thursday	20-Dec	Christmas Light 10k Ade	17-Jan Circuit Training (or road Run) Ade Holborn	21-Feb Circuit Training (or road Run) Ade Holborn	Seniors
	20-Dec	Seasonal Circuit Rich	17-Jan Sprints Pete	21-Feb Charlton Park Claire + Martin	Youth
	20-Dec	NO TRAINING - XMAS	17-Jan Juniors	21-Feb Juniors	Juniors
Tuesday	25-Dec	NO TRAINING - XMAS	22-Jan Winter Hill Session	26-Feb Winter Hill Session Joe Holborn	Seniors
Thursday	27-Dec	NO TRAINING - XMAS	24-Jan Speed Session Ade Holborn	28-Feb Speed Session Dunc Davison	Seniors
	27-Dec	NO TRAINING - XMAS	24-Jan Head Torch Hash Claire + Martin + Stapes	28-Feb Hill Reps Andy	Youth
	27-Dec	NO TRAINING - XMAS	24-Jan Juniors	28-Feb Juniors	Juniors
Tuesday			29-Jan 5th Tuesday Road Run		Seniors
Thursday			31-Jan Speed Session Dunc Davison		Seniors
			31-Jan Mile Repeats Simon + Michelle		Youth
			31-Jan Juniors		Juniors