April 2019		May 2019		June 2019		July 2019		August 2019		September 2019	
02-Apr	5k Time Trial			04-Jun	5k Time Trial	02-Jul	5k Time Trial	06-Aug	5k Time Trial	03-Sep	5k Time Trial
04-Apr	Speed Session Ade	02-May	Speed Session Ade	06-Jun	Speed Session Ade	04-Jul	Speed Session Ade	08-Aug	Speed Session Shirl	05-Sep	Speed Session Ade
09-Apr	Parlouf Session	07-May	5k Time Trial	11-Jun	3 Min Interval running	09-Jul	3 Min Interval running	13-Aug	3 Min Interval running	10-Sep	3 Min Interval running
11-Apr	Speed Session Shirl	09-May	Speed Session Shirl	13-Jun	Speed Session Des	11-Jul	Speed Session Des	15-Aug	Speed Session Shirl	12-Sep	Speed Session Shirl
16-Apr	Hill Repititions	14-May	3 Min Interval running	18-Jun	Multi-terrain run	16-Jul	Multi-terrain run	20-Aug	Multi-terrain run	17-Sep	Multi-terrain run
18-Apr	Speed Session Des	16-May	Speed Session Des	20-Jun	Speed Session Shirl	18-Jul	Speed Session Shirl	22-Aug	Speed Session Des	19-Sep	Speed Session Des
23-Apr	Multi-terrain run	21-May	Multi-terrain run	25-Jun	Off-Road Hill Repetitions	23-Jul	Off-Road Hill Repetitions	27-Aug	Off-Road Hill Repetitions	24-Sep	Off-Road Hill Repetitions
25-Apr	Speed Session Andy	23-May	Speed Session Ade	27-Jun	Speed Session Andy	25-Jul	Speed Session Andy	29-Aug	Speed Session Andy	26-Sep	Speed Session Andy
30-Apr	Fartlek Run / XC Run	28-May	Off-Road Hill Repetitions			30-Jul	Multi-Terrain Run (5-6 miles) or track session				
		30-May	Speed Session Andy								