

**Ripley Running Club**  
**Thursday Training Plan**

**Leader**

|            |  |        |
|------------|--|--------|
| 05/07/2018 | Ashover fell Race  | N/A    |
| 12/07/2018 | 5-8 Long Hills - Lowes Hill  | Mike   |
| 19/07/2018 | 3 x 1 mile interval (West Ave)   | Esther |
| 26/07/2018 | Brassington Fell Race (Club Champs)  | N/A    |
| 02/08/2018 | 8 x 200m Greenway  | Simon  |
| 09/08/2018 | Ricky's Race (Club Champs)   | N/A    |
| 16/08/2018 | Cromford Away Run  | N/A    |
| 23/08/2018 | 4 x 1mile intervals (West Ave)   | Ian    |
| 30/08/2018 | 10 x 200m Greenway   | Bunda  |
| 06/09/2018 | RRC Hill Handicap  | N/a    |
| 13/09/2018 | 6 - 9 Long Hills - Lowes Hill  | Luke   |
| 20/09/2018 | 7 x 800m West Avenue   | Neil   |
| 27/09/2018 | Pyramid session, 5 short, 3 Medium , 1 or 2 long<br>3 medium, 5 short. On Greenway | Mike   |