

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

26/04/2018	6 - 10 x 400 Greenway
03/05/2018	6 - 10 Long Hill Reps Lowes Hill
10/05/2018	Crossley Park 30m Fartlek
17/05/2018	Cathy's away run, Idrigehay
24/05/2018	6 x 800 West Avenue
31/05/2018	7-11 x 400m Greenway
07/06/2018	35 min Fartlek - Greenway
14/06/2018	Tim Clayton's away run, Pilsley
21/06/2018	40m Fartlek - Crossley Park
28/06/2018	8 - 12 x 400m Greenway