

### Thursday Training

11/04/2019	4-5 x 800m west Avenue	Ian
18/04/2019	Pyramid Hills- Butterley Hill (45s-60s-90s-120s with jog down recovery Then 90s-60s-45s)	Mike
25/04/2019	3-4 x 1600m West Ave	Alison
02/05/2019	10mile Time Trial, Cromford Canal	Luke
09/05/2019	4-5 x 1600m West Avenue	Esther
16/05/2019	8-10 x 400m Greenway	Neil
23/05/2018	12-14 Short Hills Greenway	Mike
30/05/2018	Social Run from Black Swan, Idrigehay	Cathy/Emily