

Thursday Training Sessions

Leader

3/1	6 Long hills Butterley	Ian
10/1	7-10 400s Greenway 5k pace	Esther
17/1	4-6 800s West Ave 10k pace	Mike
24/1	7-10 Short Hills Greenway	Neil
31/1	3 1600s West Ave Half Marathon pace	Alison
7/2	400s Greenway 5k pace	Ian
14/2	4-6 800s West Ave 10k pace	Esther
21/2	6-8 Hills Lowes Hill	Mike
28/2	4 1600s West Ave Half Marathon pace	Neil
7/3	Pyramid Session Crossley Park	Alison
14/3	4-6 800s West Ave 10k pace	Ian
21/3	6-8 Long hills Butterley	Esther
28/3	12 200m Crossley Park	Mike
4/4	Fartlek Session – Around Ripley	Neil