

Thursday Training

06/06/2019	3-5 x Long Hills - Butterley Hill	Ian
13/06/2019	30 min Fartlek Session, Crossley Park	Mike
20/06/2019	Tupton Away Run	Paul Sorrell
27/06/2019	5-7 Long Hills, Lowes Hill	Alison
04/07/2019	35m Tempo run	Esther
11/07/2019	5-6 x 800m West Avenue	Luke
18/07/2019	5-7 Long Hills- Butterley Hill	Neil
25/07/2019	35 min Fartlek, Lower Greenway	Ian