



Senior Training Schedule – November 2019

ON TUESDAYS AND THURSDAYS TRAINING GROUPS LEAVE THE CLUBROOMS AT 7-00pm

DATE	SESSION
SAT 2nd	No training - English XC relays
TUES 5th	Southam/Colebank/Sarehole Roads (6 x effort up hill continuing over top)
THUR 7th	Parluff 12x200m
SAT 9th	No training - XC League race #1
TUES 12th	Wake Green Road/ Sarehole Road x 5 continuous as a fartlek Approx 1300 yds per rep. 7 miles total distance
THURS 14th	Pyramid - 200, 400, 600, 800
SAT 16th	No training - Midland 7 & 5
TUES 19th	Fire station circuit (along bottom, up hill and along top plus jog down side) quicker groups x 4, slower groups x3 Approx 10 miles or 8.5 miles
THURS 21st	8x500m in pairs
SAT 23rd	Henley in Arden - Meet at Church of St. John the Baptist junction with Beaudesert Lane @10am
TUES 26th	3 Hills - 4xBrook Lane, 4xSwanshurst Lane, 4xBurnaston Rd
THURS 28th	Track
SAT 30th	Billesley Common at 10am - 45 mins as a relay Meet at car park off Yardley Wood Road

WARNING:

During winter training reflective or light coloured clothing should be worn during hours of darkness. Paving on footpaths can be uneven. Extra care should be taken in icy conditions.