

Date	Session	Leader
28/1/20	6 x 800m with 400m jog recoveries	Jude
4/2/20	Arm hill drive technique – uphill running. Shewsbury Close and Vicarage Walk behind cinema carpark.	Heather
11/2/20	Wentworth road. 45sec at max effort with decreasing rest from 40 to 5 secs and then back up to 40.	Steve
18/2/20	5 x 1km with 400m jog recoveries	Jude
25/2/20	Dorsi flexed toes with arm drive technique. Moorside Avenue off Mortimer Road.	Heather
3/3/20	Relays on Wentworth Road.	Steve
10/3/20	4 x 800m with 400m jog recoveries.	Jude
17/3/20	Pyramids on Wentworth Road. 1 – 5 mins with half the run time as active recovery (walk or jog) and then back down to 1 min.	Steve
24/3/20	Downhill speed focus on Hackings Avenue.	Heather
31/3/20	10 x 400m with 200m jog recovery.	Jude
7/4/20	Drills and relays in the park.	Heather
14/4/20	TBC.	Steve
21/4/20	A hill session.	Jude
28/4/20	Drills and speed games in the park.	Heather