

Training & Racing Schedule - Oct to Dec 2019

Date	Day	Session	Venue	Distance
01-Oct-19	Tuesday	1km Reps	Marlowes	6
03-Oct-19	Thursday	Springfield IV	Club	7.4
08-Oct-19	Tuesday	Hill Loops (25 mins)	Long Chaulden	
10-Oct-19	Thursday	Kings Langley V (or I)	Club	6.5
12-Oct-19	Saturday	Chiltern League 1	Oxford (Horspath)	
15-Oct-19	Tuesday	Cruise Intervals x 5 max	Hollybush Lane	
17-Oct-19	Thursday	Grovehill II	Club	8.3
22-Oct-19	Tuesday	Pyramid Session	Car Park	
24-Oct-19	Thursday	Polehanger I	Club	5.5
27-Oct-19	Sunday	Ricky Road Run	Chorleywood	10
29-Oct-19	Tuesday	Pete Houchin 'Mobility and Strength for Running Performance Workshop' or 1km Reps	Laureate / Marlowes	7
31-Oct-19	Thursday	Fletcher Way I/II/III		6.7
05-Nov-19	Tuesday	Hill Loops (30 mins)	Long Chaulden	
07-Nov-19	Thursday	Kings Langley V (or I)	Club	6.5
09-Nov-19	Saturday	Chiltern League 2	Milton Keynes (Teardrop Lakes)	
12-Nov-19	Tuesday	Cruise Intervals x 5 max	Hollybush Lane	
14-Nov-19	Thursday	Leverstock Green I	Club	7.3
17-Nov-19	Sunday	Herbert's Hole	Chesham	6.2
19-Nov-19	Tuesday	Pyramid Session	Car Park	
21-Nov-19	Thursday	Ind Estate - Gt Elms	Club	8.2
26-Nov-19	Tuesday	1km Reps	Marlowes	6 or 8
28-Nov-19	Thursday	Springfield III	Club	7.9
03-Dec-19	Tuesday	Hill Loops (35 mins)	Long Chaulden	
05-Dec-19	Thursday	Kings Langley V (or I)	Club	6.7
07-Dec-19	Saturday	Chiltern League 3	Luton (Stopsley Common)	
10-Dec-19	Tuesday	Cruise Intervals x 6 max	Hollybush Lane	
12-Dec-19	Thursday	Grovehill II	Club	8.3
17-Dec-19	Tuesday	Relay Pyramid	Car Park	5.5
19-Dec-19	Thursday	Xmas Fun route!	Club	5
24-Dec-18	Tuesday	Christmas Eve Run - Ashridge	Ashridge	Various
26-Dec-19	Thursday	CLUB CLOSED	Club	9.4
29-Dec-19	Sunday	Pednor 10	Chesham	10
31-Dec-19	Tuesday	CLUB CLOSED	Club	9.4
07-Jan-19	Tuesday	CLUB NIGHTS RESUME		

Key	
	Speed Session
	Tempo Run
	Club League
	Cross Country / Race