

Summer Training Framework

(Suggested locations at bottom of page 2)

| Group | Tuesday | Session | Thursday | Session |
|-------|-----------|--------------|-----------|--------------|
| A | 30/3/2021 | FREE SESSION | 1/4/2021 | FREE SESSION |
| B | | FREE SESSION | | FREE SESSION |
| C | | FREE SESSION | | |
| A | 6/4/2021 | FREE SESSION | 8/4/2021 | FREE SESSION |
| B | | FREE SESSION | | FREE SESSION |
| C | | FREE SESSION | | FREE SESSION |
| A | 13/4/2021 | Short Hills | 15/4/2021 | Long Hills |
| B | | Intervals | | Short Hills |
| C | | Long Hills | | |
| A | 20/4/2021 | Intervals | 22/4/2021 | Steady Run |
| B | | Long Hills | | Steady Run |
| C | | Short Hills | | Steady Run |
| A | 27/4/2021 | Long Hills | 29/4/2021 | Short Hills |
| B | | Short Hills | | Intervals |
| C | | Intervals | | |
| A | 4/5/2021 | Steady Run | 6/5/2021 | Intervals |
| B | | Steady Run | | Long Hills |
| C | | Steady Run | | Short Hills |
| A | 11/5/2021 | Short Hills | 13/5/2021 | Long Hills |
| B | | Intervals | | Short Hills |
| C | | Long Hills | | |
| A | 18/5/2021 | Intervals | 20/5/2021 | Steady Run |
| B | | Long Hills | | Steady Run |
| C | | Short Hills | | Long Hills |
| A | 25/5/2021 | Long Hills | 27/5/2021 | Short Hills |
| B | | Short Hills | | Intervals |
| C | | Intervals | | |
| A | 1/6/2021 | Steady Run | 3/6/2021 | Intervals |
| B | | Steady Run | | Long Hills |
| C | | Steady Run | | Intervals |
| A | 8/6/2021 | Short Hills | 10/6/2021 | Long Hills |
| B | | Intervals | | Short Hills |
| C | | Long Hills | | |
| A | 15/6/2021 | Intervals | 17/6/2021 | Steady Run |
| B | | Long Hills | | Steady Run |
| C | | Short Hills | | Steady Run |
| A | 22/6/2021 | Long Hills | 24/6/2021 | Short Hills |
| B | | Short Hills | | Intervals |

| | | | | |
|---|-----------|-------------|-----------|-------------|
| C | | Intervals | | |
| A | 29/6/2021 | Steady Run | 1/7/2021 | Intervals |
| B | | Steady Run | | Long Hills |
| C | | Steady Run | | Short Hills |
| A | 6/7/2021 | Short Hills | 8/7/2021 | Long Hills |
| B | | Intervals | | Short Hills |
| C | | Long Hills | | |
| A | 13/7/2021 | Intervals | 15/7/2021 | Steady Run |
| B | | Long Hills | | Steady Run |
| C | | Short Hills | | Long Hills |
| A | 20/7/2021 | Long Hills | 22/7/2021 | Short Hills |
| B | | Short Hills | | Intervals |
| C | | Intervals | | |
| A | 27/7/2021 | Steady Run | 29/7/2021 | Intervals |
| B | | Steady Run | | Long Hills |
| C | | Steady Run | | Intervals |
| A | 3/8/2021 | Short Hills | 5/8/2021 | Long Hills |
| B | | Intervals | | Short Hills |
| C | | Long Hills | | |
| A | 10/8/2021 | Intervals | 12/8/2021 | Steady Run |
| B | | Long Hills | | Steady Run |
| C | | Short Hills | | Steady Run |
| A | 17/8/2021 | Long Hills | 19/8/2021 | Short Hills |
| B | | Short Hills | | Intervals |
| C | | Intervals | | |
| A | 24/8/2021 | Steady Run | 26/8/2021 | Intervals |
| B | | Steady Run | | Long Hills |
| C | | Steady Run | | Short Hills |
| A | 31/8/2021 | Short Hills | 2/9/2021 | Long Hills |
| B | | Intervals | | Short Hills |
| C | | Long Hills | | |

Suggested locations

- Short hills Bulkeley Hill from cornfield
 Woodsmans Cottage
 Bickerton Hill Maiden Castle
 Harthill New Lane triangle
- Long hills Railway
 Steps near Rawhead
 Bickerton Hill Kitty Stone
 Bulkeley Hill Stonehouse Lane
- Intervals Duckington triangle
 Cornfield
 Fields off Horsley Lane
 Bickerton Hill Figure of 8