

Summer Training Framework 2019

Tuesday	Group	Session	Thursday	Group	Session	Suggested locations	
4/2/2019	A	FREE SESSION	4/4/2019	A	FREE SESSION	Short hills	Bulkeley Hill from cornfield Woodsmans Cottage Bickerton Hill Maiden Castle Harthill New Lane triangle
	B	FREE SESSION		B	FREE SESSION		
4/9/2019	A	FREE SESSION	4/11/2019	A	FREE SESSION		
	B	FREE SESSION		B	FREE SESSION	Long hills	Railway Steps near Rawhead Bickerton Hill Kitty Stone Bulkeley Hill Stonehouse Lane
4/16/2019	A	Short Hills	4/18/2019	A	Steady Run		
	B	Intervals		B	Long Hills		
4/23/2019	A	Long Hills	4/25/2019	A	Intervals	Intervals	Duckington triangle Cornfield Fields off Horsley Lane Bickerton Hill Figure of 8
	B	Short Hills		B	Steady Run		
4/30/2019	A	Social Run from Bickerton Poacher	5/2/2019	A	Short Hills		
	B			B	Intervals		
5/7/2019	A	Intervals	5/9/2019	A	Steady Run		
	B	Long Hills		B	Short Hills		
5/14/2019	A	Short Hills	5/16/2019	A	Intervals		
	B	Intervals		B	Long Hills	Introduction to the trails / Steady Run	
5/21/2019	A	Long Hills	5/23/2019	A			
	B	Short Hills		B			
5/28/2019	A	Short Hills	5/30/2019	A	Short Hills		
	B	Long Hills		B	Steady Run		
6/4/2019	A	Intervals	6/6/2019	A	Long Hills		
	B	Long Hills		B	Intervals		
6/11/2019	A	Steady Run	6/13/2019	A	Steady Run		
	B	Intervals		B	Steady Run		
6/18/2019	A	Introduction to the trails / Steady Run	6/20/2019	A	Intervals		
	B			B	Short Hills		
6/25/2019	A	Short Hills	6/27/2019	A	Long Hills		
	B	Steady Run		B	Intervals		
7/2/2019	A	Long Hills	7/4/2019	A	Social Run from Bickerton Poacher		
	B	Intervals		B			
7/9/2019	A	Intervals	7/11/2019	A	Short Hills		
	B	Short Hills		B	Long Hills		
7/16/2019	A	Delamere Run	7/18/2019	A	Intervals		
	B			B	Short Hills		
7/23/2019	A	Short Hills	7/25/2019	A	Steady Run		
	B	Long Hills		B	Long Hills		
7/30/2019	A	Long Hills	8/1/2019	A	Delamere Run		
	B	Intervals		B			
8/6/2019	A	Treasure Hunt	8/8/2019	A	Long Hills		
	B			B	Intervals		
8/13/2019	A	Intervals	8/15/2019	A	Short Hills		
	B	Steady Run		B	Steady Run		
8/20/2019	A	Steady Run	8/22/2019	A	Intervals		
	B	Intervals		B	Short Hills		
8/27/2019	A	FREE SESSION	8/29/2019	A	FREE SESSION		
	B	FREE SESSION		B	FREE SESSION		
9/3/2019	A	FREE SESSION	9/5/2019	A	FREE SESSION		
	B	FREE SESSION		B	FREE SESSION		