

GROUP	TUES	SESSION	LOCATION	DETAIL	THURS	SESSION	LOCATION	DETAIL
A	15/9/2020	Short Intervals	Dark Lane	10*400m	17/9/2020	Long Hills	Burwardsley Figure of 8	2*Burwardsley Figure of 8
B		Short Intervals	Park	400m * 4-6 in pairs		Short Hills	Grit Bins	5* Dip to Grit Bin
C		Long Intervals	Carrs Lane	1-2*1km		Long Steady Run	Xmas Handicap Route	Approx 4 miles
A	22/9/2020	Short Hills	Elephant Tracks Cottage	4*Elephant Tracks Cottage Loop	24/9/2020	Long Fartlek	*	2 - 4min efforts
B		Long Hills	Bolesworth Hill Road	BRoad to top, lodge to top*3-4		Long Intervals	Back Lane Triangle	1*Back Lane, 1*Wood Lane
C		Short Hills	Grit Bins	Grit Bin Reps		NO SESSION		
A	29/9/2020	Time Trial	Covert Rise	1M TT	1/10/2020	Long Intervals	Back Lane Triangle	2*Back Lane, 1*Wood Lane
B		Short Hills	Grit Bins	3 * Dip to Junction, 3* Dip to Grit Bin, 2 * Combined		Short Intervals	Dark Lane	1, 2, 3, 2, 1 Sides of DL Triangle
C		Short Intervals	Dark Lane	1,2,3 sides of DL Triangle		Long Hills	Bolesworth Hill Road	Lodge to top * 2
A	6/10/2020	Short Fartlek	*	30 sec - 2 min efforts	8/10/2020	Long Steady Run	*	8-10 miles easy
B		Time Trial	Covert Rise	1M TT		Long Fartlek	*	1 minute efforts
C		LSR	Ice-Cream Farm Route	Approx 4 miles		NO SESSION		
A	13/10/2020	Short Intervals	Dark Lane	12*400m	15/10/2020	Long Hills	Harthill	3*Harthill
B		Long Intervals	Back Lane Triangle	1*Back Lane, 1*Wood Lane		Long Steady Run	BL Route	6 miles
C		Time Trial	Covert Rise	1M TT		Long Intervals	Carrs Lane	1-2*1km
A	20/10/2020	Short Hills	Grit Bins	BL route with 3*3 Grit Bin Reps	22/10/2020	Long Fartlek	*	2 - 4min efforts
B		Short Fartlek	*	30 second efforts		Long Hills	Hartill	2-3*Harthill
C		Long Hills	Bolesworth Hill Road	BRoad to top, lodge to top*2		NO SESSION		
A	27/10/2020	Short Intervals	Park	2*400m, 4*800m, 2*400m	29/10/2020	Long Intervals	Carrs Lane	5*1km
B		Long Slow Run	BL Route	6 miles		Short Hills	Grit Bins	3 * Dip to Junction, 3 * Dip to Grit Bin, 2* Combined
C		Short Hills	Post Office Loops	Post Office Loop (Burwardsley)*1-2		Short Intervals	Dark Lane	1, 2, 3 Sides of DL Triangle
A	3/11/2020	Short Fartlek	*	30 sec - 2 min efforts	5/11/2020	Long Steady Run	*	8-10 miles easy
B		Short Intervals	Dark Lane	1,2,3,2,1 sides of DL Triangle		Long Intervals	Back Lane Triangle	1*Back Lane, 1*Wood Lane
C		Short Intervals	Park	400m * 4 in pairs		NO SESSION		
A	10/11/2020	Short Intervals	Covert Rise	1,2,3,2,1 circuits Covert Rise	12/11/2020	Long Hills	Bolesworth Hill Road	BRoad to top, lodge to top*3
B		Short Hills	Post Office Loops	Post Office Loop (Burwardsley)*3		Short Intervals	Covert Rise	1,2,3,2,1 Circuits Covert Rise
C		Long Intervals	Back Lane Triangle	1*Back Lane, 1*Wood Lane		Short Hills	Grit Bins	Grit Bin Reps
A	17/11/2020	Short Hills	Post Office Loops	Post Office Loop (Burwardsley)*5	19/11/2020	Long Fartlek	*	2 - 4min efforts
B		Long Hills	Harthill	3*Harthill		Long Steady Run	*	6 miles
C		Short Fartlek	*	30 sec efforts		NO SESSION		
A	24/11/2020	Short Fartlek	*	30 sec - 2 min efforts	26/11/2020	Long Intervals	Harthill Triangle	3*Triangle
B		Long Intervals	Carrs Lane	2-3*1km		Long Hills	Bolesworth Hill Road	Lodge to top * 3
C		Short Hills	Grit Bins	Grit Bin Reps		Short Intervals	Ford Farm	3*3 * 2
A	1/12/2020	Short Hills	Elephant Tracks Cottage	5*Elephant Tracks Cottage Loop	3/12/2020	Long Steady Run	*	8-10 miles easy
B		Short Intervals	Park	400m * 4-6 in pairs		Short Hills	Elephant Tracks Cottage	4* Elephant Tracks Cottage Loop
C		LSR	Xmas Handicap Route	Approx 4 miles		NO SESSION		
A	8/12/2020	Short Intervals	Park	7*800m	10/12/2020	Long Hills	Burwardsley Figure of 8	2*Burwardsley Figure of 8
B		Long Hills	Burwardsley Figure of 8	1-2*Burwardsley Figure of 8		Long Intervals	Carrs Lane	3-4*1km
C		Long Intervals	Carrs Lane	1-2*1km		Long Fartlek	*	2 - 4min efforts
A	15/12/2020	Short Intervals	Covert Rise	750m*1, 500m*4, 250m*8	17/12/2020	Long Fartlek	*	2 - 4min efforts
B		Short Hills	Elephant Tracks Cottage	4*Elephant Tracks Cottage Loop		Short Intervals	Park	400m 4-6 in pairs

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C		Long Hills	Bolesworth Hill Road	BRoad to top, lodge to top*2		NO SESSION		
A	22/12/2020	FREE SESSION	*	*	24/12/2020	NO SESSION		
B		FREE SESSION	*	*		NO SESSION		
C		FREE SESSION				NO SESSION		
A	29/12/2020	NO SESSION			31/12/2020	NO SESSION		
B		NO SESSION				NO SESSION		
C		NO SESSION				NO SESSION		
A	5/1/2021	Short Fartlek	*	30 sec - 2 min efforts	7/1/2021	Long Intervals	Carrs Lane	6*1km
B		Long Intervals	Back Lane Triangle	1*Back Lane, 1*Wood Lane		Long Steady Run	*	6 miles
C		Short Intervals	Dark Lane	1,2,3 sides of DL Triangle		Long Steady Run	Ice-Cream Farm Route	Approx 4 miles
A	12/1/2021	Short Intervals	Dark Lane	1,2,3,3,2,1 sides of DL Triangle	14/1/2021	Long Steady Run	*	8-10 miles easy
B		Long Fartlek	*	1 min efforts		Long Hills	Burwardsley Figure of 8	2*Burwardsley Figure of 8
C		Short Hills	Grit Bins	Grit Bin Reps		NO SESSION		
A	19/1/2021	Short Hills	Grit Bins	BL route with 3*4 Grit Bin Reps	21/1/2021	Long Hills	Harthill	4*Harthill
B		LSR	*	6 miles		Short Hills	Post Office Loops	Post Office Loops (Burwardsley)*3
C		Long Intervals	Carrs Lane	1-2*1km		Short Intervals	Dark Lane	1, 2, 3 Sides of DL Triangle
A	26/1/2021	Short Fartlek	*	30 sec - 2 min efforts	28/1/2021	Long Fartlek	*	2 - 4min efforts
B		Short Intervals	Park	2*400m, 1*800m, 2*400m		Long Intervals	Back Lane Triangle	1*Back Lane, 1*Wood Lane
C		LSR	Ice-Cream Farm Route	Approx 4 miles		NO SESSION		
A	2/2/2021	Short Intervals	Covert Rise	12*500m	4/2/2021	Long Intervals	Back Lane Triangle	2*Back Lane, 2*Wood Lane
B		Short Hills	Grit Bins	3*3 Grit bins		Short Fartlek	*	30 secs effort
C		Long Hills	Bolesworth Hill Road	BRoad to top, lodge to top*2		Short Intervals	Park	400m 3 in pairs
A	9/2/2021	Short Hills	Post Office Loops	Post Office Loop (Burwardsley)*6	11/2/2021	Long Steady Run	*	8-10 miles easy
B		Long Hills	Harthill	3*Harthill		Short Intervals	Dark Lane	1,2,3,2,1 Dark Lane Triangle
C		Long Fartlek	*	1 min efforts		NO SESSION		
A	16/2/2021	Short Fartlek	*	30 sec - 2 min efforts	18/2/2021	Long Hills	Bolesworth Hill Road	BRoad to top, lodge to top*3
B		Long Intervals	Carrs Lane	2-4*1km		Short Hills	Grit Bins	3*2-3
C		Short Hills	Post Office Loops	Post Office Loop (Burwardsley)*1-2		Long Intervals	Carrs Lane	2-3*1km
A	23/2/2021	Short Hills	Elephant Tracks Cottage	5*Elephant Tracks Cottage Loop	25/2/2021	Long Fartlek	*	2 - 4min efforts
B		Short Intervals	Dark Lane	1,2,3,3,2,1 sides of DL Triangle		Long Steady Run	*	6 miles
C		LSR	Xmas Handicap Route	Approx 4 miles		NO SESSION		
A	2/3/2021	Time Trial	Covert Rise	1M TT	4/3/2021	Long Intervals	Harthill Triangle	4*Triangle
B		Long Hills	Burwardsley Figure of 8	1-2*Burwardsley Figure of 8		Short Intervals	Dark Lane	Dark Lane 1,2,3,2,1 side of Triangle
C		Short Intervals	Park	400m * 4 in pairs		Short Hills	Burwardsley Post Office	2*Burwardsley Figure of 8
A	9/3/2021	Short Hills	Grit Bins	BL route with 3*4 Grit Bin Reps	11/3/2021	Long Steady Run	*	8-10 miles easy
B		Time Trial	Covert Rise	1M TT		Long Hills	Bolesworth Hill Road	Lodge to top * 3
C		Long Intervals	Carrs Lane	1-2*1km		NO SESSION		
A	16/3/2021	Short Fartlek	*	30 sec - 2 min efforts	18/3/2021	Long Hills	Harthill	4*Harthill
B		Short Hills	Elephant Tracks Cottage	4*Elephant Tracks Cottage Loop		Long Intervals	Carrs Lane	3-4*1km
C		Time Trial	Covert Rise	1M TT		Long Hills	Bolesworth Hill Road	Lodge to top * 2

GROUP	TUES	SESSION	LOCATION	DETAIL	THURS	SESSION	LOCATION	DETAIL
A	23/3/2021	FREE SESSION			25/3/2021	FREE SESSION		
B		FREE SESSION				FREE SESSION		
C		FREE SESSION				FREE SESSION		
A	30/3/2021	FREE SESSION			1/4/2021	FREE SESSION		
B		FREE SESSION				FREE SESSION		
C		FREE SESSION				FREE SESSION		