

Summer Training Framework 2023

Tuesday	Group	Session	Start location	Leader	Thursday	Group	Session	Start location	Leader
4/4/2023	A	FREE SESSION		Nick	6/4/2023	A	FREE SESSION		Alli
	B	FREE SESSION		Alex		B/C			
	C	FREE SESSION		Sharon					
11/4/2023	A	FREE SESSION		Simon	13/4/2023	A	FREE SESSION		Rob C
	B	FREE SESSION		Paul		B/C			
	C	FREE SESSION		Sharon					
18/4/2023	A	Short Hills	Candle Factory	James	20/4/2023	A/B	Long Hills	Harthill Church	Rob A
	B	Intervals	Harthill Church	Mel		B/C	Short hills	Harthill Church	Paul
	C	Long Hills	Candle Factory	Grace					
25/4/2023	A	Intervals	Candle Factory	Nick	27/4/2023	A/B	Steady Run	Bickerton Church	Alli
	B	Long Hills	Coppermine Lane	Neil		B/C	Steady Run	Bickerton Church	Mel
	C	Short Hills	Harthill Church	Sharon					
2/5/2023	A	Long Hills	Bickerton Church	Simon	4/5/2023	A/B/C	Combined fitness	Tattenhall Flacca	Nick
	B	Short Hills	Candle Factory	Alex					
	C	Intervals	Coppermine Lane	Sharon					
9/5/2023	A	Steady Run	Harthill Church	James	11/5/2023	A/B	Intervals	Coppermine Lane	Rob C
	B	Steady Run	Bickerton Church	Paul		B/C	Long Hills	Coppermine Lane	Alli
	C	Steady Run	Candle Factory	Grace					
16/5/2023	A	Intervals	Candle Factory	Nick	18/5/2023	A/B	Long Hills	Candle Factory	Rob A
	B	Long Hills	Harthill Church	Mel		B/C	Intervals	Candle Factory	Alex
	C	Short Hills	Bickerton Church	Kate					
23/5/2023	A	Long Hills	Candle Factory	Simon	25/5/2023	A/B/C	Combined fitness	Tattenhall Flacca	Nick
	B	Short Hills	Bickerton Church	Neil					
	C	Intervals	Coppermine Lane	Grace					
30/5/2023	A	Steady Run	Harthill Church	James	1/6/2023	A/B	Short Hills	Harthill Church	Alli
	B	Steady Run	Candle Factory	Paul		B/C	Short Hills	Harthill Church	

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	C	Steady Run	Candle Factory	Grace					
6/6/2023	A	Delamere		Craig	8/6/2023	A/B	Intervals	Sandstone Pub Car Park?	Rob C
	B	Delamere		Mel		B/C	Steady Run	Sandstone Pub Car Park?	Paul
	C	Delamere		Alex					
13/6/2023	A	Intervals	Bickerton Church	Simon	15/6/2023	A/B/C	Mixed relay	Bickerton Church	Rob A
	B	Long Hills	Candle Factory	Neil					
	C	Short Hills	Harthill Church	Grace					
20/6/2023	A	Steady Run	Candle Factory	James	22/6/2023	A/B	Long Hills	Coppermine Lane	Alli
	B	Steady Run	Bickerton Church	Paul		B/C	Long Hills	Coppermine Lane	Alex
	C	Steady Run	Candle Factory	Grace					
27/6/2023	A/B	Introduction to the fells		Nick	29/6/2023	A/B	Short Hills	Candle Factory	Rob C
	B/C	Introduction to the fells		Kate		B/C	Intervals	Candle Factory	Rob A
4/7/2023	A	Intervals	Candle Factory	Simon	6/7/2023	A/B/C	Combined fitness	Tattenhall Flacca	Nick
	B	Long Hills	Coppermine Lane	Mel					
	C	Short Hills	Harthill Church	Grace					
11/7/2023	A	Delamere		Craig	13/7/2023	A/B	Long Hills	Harthill Church	Rob A
	B	Delamere		Neil		B/C	Short Hills	Harthill Church	Mel
	C	Delamere		Grace					
18/7/2023	A	Long Hills	Candle Factory	James	20/7/2023	A/B	Steady Run	Bickerton Church	Alli
	B	Short Hills	Harthill Church	Paul		B/C	Steady Run	Bickerton Church	Tom
	C	Intervals	Coppermine Lane	Grace					
25/7/2023	A	Steady Run	Harthill Church	Simon	27/7/2023	A/B/C	Treasure Hunt	Candle Factory	TBC
	B	Steady Run	Candle Factory	Mel					
	C	Steady Run	Bickerton Church	Alex					
1/8/2023	A	Short Hills	Candle Factory	James	3/8/2023	A/B	Intervals	Candle Factory	Rob C

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	B	Intervals	Bickerton Church	Neil		B/C	Long Hills	Candle Factory	Alli
	C	Long Hills	Candle Factory	Grace					
8/8/2023	A	Intervals	Bickerton Church	Nick	10/8/2023	A/B	Long Hills	Harthill Church	Rob A
	B	Long Hills	Harthill Church	Paul		B/C	Intervals	Harthill Church	
	C	Short Hills	Candle Factory	Kate					
15/8/2023	A	Long Hills	Candle Factory	Simon	17/8/2023	A/B/C	Combined fitness	Tattenhall Flacca	Nick
	B	Short Hills	Harthill Church	Mel					
	C	Intervals	Coppermine Lane	Grace					
22/8/2023	A	Steady Run	Harthill Church	James	24/8/2023	A/B	Short Hills	Coppermine Lane	Alli
	B	Steady Run	Candle Factory	Neil		B/C	Short Hills	Coppermine Lane	Rob A
	C	Steady Run	Bickerton Church	Grace					
29/8/2023	A	FREE SESSION		Nick	31/8/2023	A/B	FREE SESSION		Rob C
	B	FREE SESSION		Paul		B/C	FREE SESSION		
	C	FREE SESSION		Alex					
5/9/2023	A	FREE SESSION		Simon	7/9/2023	A/B	FREE SESSION		Rob A
	B	FREE SESSION		Mel		B/C	FREE SESSION		
	C	FREE SESSION		Grace					

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