

Summer Training Framework 2024

Tuesday	Group	Session	Start location	Leader	Thursday	Group	Session	Start location	Leader	Suggested locations	
9/4/2024	A	FREE SESSION	Candle Factory	James	11/4/2024	A	FREE SESSION		Alli		
	B	FREE SESSION	Harthill Church	Paul						Short hills	Bulkeley Hill from cornfield
	C	FREE SESSION	Candle Factory	Grace							Woodsmans Cottage
16/4/2024	A	FREE SESSION	Sandstone Pub	Nick	18/4/2024	A	Long Hills	Harthill Church	Rob C		Bickerton Hill Maiden Castle
	B	FREE SESSION	Sandstone Pub	Alex							Harthill New Lane triangle
	C	FREE SESSION	Sandstone Pub	Sharon						Long hills	Railway
23/4/2024	A	Intervals	Candle Factory	Tom	25/4/2024	A	Steady Run	Bickerton Church	Rob A		Steps near Rawhead
	B	Long Hills	Coppermine Lane	Mel							Bickerton Hill Kitty Stone
	C	Short Hills	Harthill Church	Kate							Bulkeley Hill Stonehouse Lane
30/4/2024	A	Long Hills	Bickerton Church	James	2/5/2024	A	Intervals	Coppermine Lane	Alli	Intervals	Duckington triangle
	B	Short Hills	Candle Factory	Neil							Cornfield
	C	Intervals	Coppermine Lane	Grace							Fields off Horsley Lane
7/5/2024	A	Steady Run	Harthill Church	Nick	9/5/2024	A	Long Hills	Candle Factory	Rob C		Bickerton Hill Figure of 8
	B	Steady Run	Bickerton Church	Paul							
	C	Steady Run	Candle Factory	Sharon							
14/5/2024	A	Intervals	Candle Factory	Tom	16/5/2024	A	Short Hills	Harthill Church	Rob A		
	B	Long Hills	Harthill Church	Alex							
	C	Short Hills	Bickerton Church	Kate							
21/5/2024	A	Long Hills	Candle Factory	James	23/5/2024	A	Intervals	Duckington	Alli		
	B	Short Hills	Bickerton Church	Mel							
	C	Intervals	Coppermine Lane	Grace							
28/5/2024	A	Steady Run	Harthill Church	Nick	30/5/2024	A	Long Hills	Candle Factory	Rob C		
	B	Steady Run	Candle Factory	Neil							
	C	Steady Run	Candle Factory	Sharon							
4/6/2024	A	Delamere		Tom	6/6/2024	A	Short Hills	Bickerton Church	Rob A		
	B	Delamere		Paul							
	C	Delamere		Kate							
11/6/2024	A/B/C	Introduction to the		Simon	13/6/2024	A	Long Hills	Harthill Church	Alli		
18/6/2024	A	Intervals	Bickerton Church	James	20/6/2024	A	Steady Run	Bickerton Church	Rob C		
	B	Long Hills	Candle Factory	Alex							
	C	Short Hills	Harthill Church	Grace							
25/6/2024	A	Steady Run	Candle Factory	Nick	27/6/2024	A	Intervals	Coppermine Lane	Rob A		
	B	Steady Run	Bickerton Church	Mel							
	C	Steady Run	Candle Factory	Sharon							
2/7/2024	A	Intervals	Candle Factory	James	4/7/2024	A	Long Hills	Harthill Church	Alli		
	B	Long Hills	Coppermine Lane	Neil							
	C	Short Hills	Harthill Church	Kate							
9/7/2024	A/B/C	Treasure Hunt		Tom	11/7/2024	A	Short Hills	Candle Factory	Rob C		
16/7/2024	A	Long Hills	Candle Factory	Nick	18/7/2024	A	Steady Run	Bickerton Church	Rob A		
	B	Short Hills	Harthill Church	Paul							
	C	Intervals	Coppermine Lane	Grace							
23/7/2024	A	Steady Run	Harthill Church	Tom	25/7/2024	A	Intervals	Coppermine Lane	Alli		
	B	Steady Run	Candle Factory	Alex							
	C	Steady Run	Bickerton Church	Sharon							
30/7/2024	A	Short Hills	Candle Factory	James	1/8/2024	A	Long Hills	Candle Factory	Rob C		
	B	Intervals	Bickerton Church	Mel							
	C	Long Hills	Candle Factory	Kate							
6/8/2024	A	Intervals	Bickerton Church	Nick	8/8/2024	A	Short Hills	Harthill Church	Rob A		
	B	Long Hills	Harthill Church	Neil							
	C	Short Hills	Candle Factory	Grace							
13/8/2024	A	Long Hills	Candle Factory	Tom	15/8/2024	A	Intervals	Duckington	Alli		
	B	Short Hills	Harthill Church	Paul							
	C	Intervals	Coppermine Lane	Sharon							
20/8/2024	A	Steady Run	Harthill Church	James	22/8/2024	A	Long Hills	Candle Factory	Rob C		
	B	Steady Run	Candle Factory	Alex							
	C	Steady Run	Bickerton Church	Kate							
27/8/2024	A	Intervals	Bickerton Church	Nick	29/8/2024	A	Steady Run	Harthill Church	Rob A		
	B	Long Hills	Candle Factory	Mel							
	C	Intervals	Bickerton Church	Grace							
3/9/2024	A	FREE SESSION		Tom	5/9/2024	A	FREE SESSION		Alli		
	B	FREE SESSION		Neil							
	C	FREE SESSION		Sharon							
10/9/2024	A	FREE SESSION		James	12/9/2024	A	FREE SESSION		Rob C		
	B	FREE SESSION		Paul							
	C	FREE SESSION		Kate							