

# Summer Training Framework 2025

Tuesday	Group	Session	Start location	Leader	Suggested locations	
25/3/2025	A	Short Hills	Elephant Tracks Cottage	Tom		
	B	Short Intervals	Dark Lane	Mel		
	C	Short Hills	Post Office Loop			
1/4/2025	A	FREE SESSION		James		
	B	FREE SESSION		Neil		
	C	FREE SESSION		Helen		
8/4/2025	A	Steady Run	Candle Factory	Nick		
	B	Steady Run	Harthill Church	Mike	Short hills	Bulkeley Hill from cornfield
	C	Steady Run	Candle Factory	Grace		Woodsmans Cottage
15/4/2025	A	Social Run	Venue tbc	Rob A		Bickerton Hill Maiden Castle
	B	Social Run	Venue tbc	Alex		Harthill New Lane triangle
	C	Social Run	Venue tbc		Long hills	Railway
22/4/2025	A	Short Hills	Candle Factory	Tom		Steps near Rawhead
	B	Long Hills	Candle Factory	Mel		Bickerton Hill Kitty Stone
	C	Long Hills	Harthill Church	Helen		Bulkeley Hill Stonehouse Lane
29/4/2025	A	Long Hills	Bickerton Church	James	Intervals	Duckington triangle
	B	Short Hills	Candle Factory	Neil		Cornfield
	C	Intervals	Ice cream farm	Grace	Fields off Horsley Lane	
6/5/2025	A	Steady Run	Harthill Church	Nick		Bickerton Hill Figure of 8
	B	Intervals	Bickerton Church	Mike		
	C	Steady Run	Candle Factory	Sharon		
13/5/2025	A	Intervals	Candle Factory	Rob A		
	B	Long Hills	Harthill Church	Alex		
	C	Short Hills	Bickerton Church	Helen		
20/5/2025	A/B/C	Mixed team relay	Goldford Lane Carpark	Tom		
				Mel		
				Grace		
27/5/2025	A	Long Hills	Harthill Church	James		
	B	Steady Run	Candle Factory	Neil		
	C	Long Hills	Candle Factory	Sharon		
3/6/2025	A		Delamere	Nick		
	B		Delamere	Mike		
	C		Delamere	Helen		
10/6/2025	A	Intervals	Bickerton Church	Rob A		
	B	Short Hills	Candle Factory	Alex		
	C	Short Hills	Harthill Church	Grace		
17/6/2025	A/B/C	Introduction to the fells	Druid	Sharon		
24/6/2025	A	Short Hills	Candle Factory	Tom		
	B	Steady Run	Bickerton Church	Mel		
	C	Steady Run	Candle Factory	Helen		
1/7/2025	A	Long Hills	Candle Factory	James		
	B	Intervals	Ice cream Farm	Neil		
	C	Short Hills	Bickerton Church	Grace		
8/7/2025	A/B/C	Treasure Hunt		Nick		
15/7/2025	A	Short Hills	Candle Factory	Rob A		
	B	Long Hills	Harthill Church	Mike		
	C	Intervals	Candle Factory	Sharon		
22/7/2025	A	Steady Run	Grosvenor Alford	Tom		
	B	Steady Run	Grosvenor Alford	Alex		
	C	Steady Run	Grosvenor Alford	Helen		
29/7/2025	A	Long Hills	Harthill Church	James		
	B	Short Hills	Candle Factory	Mel		
	C	Long Hills	Bickerton Church	Grace		
5/8/2025	A		Delamere	Nick		
	B		Delamere	Neil		
	C		Delamere	Sharon		
12/8/2025	A	Intervals	Candle Factory	Rob A		
	B	Short Hills	Harthill Church	Mike		
	C	Intervals	Ice cream Farm	Helen		
19/8/2025	A	Long Hills	Harthill Church	Tom		
	B	Steady Run	Candle Factory	Alex		
	C	Steady Run	Bickerton Church	Grace		
26/8/2025	A	Short Hills	Bickerton Church	James		
	B	Long Hills	Candle Factory	Mel		
	C	Long Hills	Harthill Church	Sharon		
2/9/2025	A	FREE SESSION		Nick		
	B	FREE SESSION		Neil		
	C	FREE SESSION		Helen		
9/9/2025	A	FREE SESSION		Rob A		
	B	FREE SESSION		Mike		
	C	FREE SESSION		Grace		