

| | | | | | | Peer Groups | | | | |
|-------------|-----|--------------------------------|-----------------------|-------------------|------------------|--------------------|------------|------------|------------|----------------------|
| Date | | Session | Location | Lead Coach | Support 1 | Support 2 | PG1 | PG2 | PG3 | Standby Coach |
| 8th | Jan | 3min intervals (T and 5k Pace) | Elvetham - Key Centre | Kevin | Carol | | | | | |
| 15th | Jan | Hill - Seesaw | Elvetham - Mounts Way | Angela | Spin | | | | | |
| 22nd | Jan | Sandwich - Key Centre | Elvetham | Andy | Ross | | | | | |
| 29th | Jan | Peer Groups | TBC | | | | Darren | Spin | Grahame | Kevin |
| 5th | Feb | 3min intervals (T and 5k Pace) | Elvetham - Key Centre | Carol | Nigel | | | | | |
| 12th | Feb | Hill - Fartlek | Avenue Road | Darren | Gill | Spin | | | | |
| 19th | Feb | Paarlauf | Elvetham | Howard | Andy | | | | | |
| 26th | Feb | Peer Groups | TBC | | | | Kevin | Angela | Darren | Ged |
| 5th | Mar | 3min intervals (T and 5k Pace) | Elvetham - Key Centre | Gill | Howard | | | | | |
| 12th | Mar | Hill - Kenyan Hills | Elvetham | Ged | Ross | | | | | |
| 19th | Mar | Figure of 8 | Elvetham | Grahame | Angela | | | | | |
| 26th | Mar | Peer Groups | TBC | | | | Ged | Carol | Gill | Andy |
| 2nd | Apr | 3min intervals (T and 5k Pace) | Elvetham - Key Centre | Angela | Kevin | | | | | |
| 9th | Apr | Hill - Ibworth Sandwich | Elvetham - Ibworth | Nigel | Darren | | | | | |
| 16th | Apr | Pyramid | Elvetham | Spin | Carol | Howard | | | | |
| 23rd | Apr | Peer Groups | TBC | | | | Grahame | Ross | Angela | Nigel |
| 30th | Apr | Clover Leaf | Elvetham | Kevin | Ged | | | | | |

Notes

- (1) Where possible all coaches lead and support Main Sessions
- (2) A 3rd coach only required on Avenue Road and for Pyramid
- (3) If lead coach considers conditions unsafe e.g. due to inclement weather conditions they have authority to call session off
- (4) If lead coach considers numbers are too great for session that could endanger athletes or pedestrians, they have authority to change/adapt the session
- (5) For PG sessions only one coach is now allocated, with a standby coach in case 2 are needed. If leading a PG session and you want a standby coach please advise 2 weeks before such that the standby coach can plan their own training for that day.