



HART ROAD RUNNERS : Apr ~ Aug Coached Sessions

Date		Planned Run	Planned Location	Meeting Point
7th	May	Sandwich	Calthorpe Park	HLC
14th	May	Peer Groups	Coaches Choice	HLC
21st	May	3min intervals (T and 5k Pace)	Calthorpe Park	HLC
28th	May	1.3km/1km Intervals	Bramshot Farm Country Park	Bramshot
4th	June	Paalauf	Elvetham Heath Nature Reserve	HLC
11th	June	Peer Groups	Coaches Choice	HLC
18th	June	Pyramid	Calthorpe Park	HLC
25th	June	Hill - Seesaw	Hartley Wintney/Views Meadow	Location/HLC
2nd	July	3min intervals (T and 5k Pace)	Calthorpe Park	HLC
9th	July	Peer Groups	Coaches Choice	HLC
16th	July	Sue's Steps	Elvetham Heath	HLC
23rd	July	1km Intervals	Fleet Pond	Fleet Pond
30th	July	Peer Groups	Coaches Choice	HLC
6th	Aug	Paarlauf	Wellington Statue/Polo Fields	Location
13th	Aug	Hill - Seesaw	Farnham Park	HLC
20th	Aug	30-20-10 Fartlek	Calthorpe Park	HLC
27th	Aug	3min intervals (T and 5k Pace)	The Views Meadow	HLC