



HART ROAD RUNNERS : Sept ~ Dec Coached Sessions

Date		Planned Run	Planned Location	Meeting Point
3rd	Sept	Peer Groups	TBC	HLC
10th	Sept	Fartlek	Avenue Road	HLC
17th	Sept	Pyramid	Elvetham Heath	HLC
24th	Sept	3min intervals (T and 5k Pace)	Elvetham Heath	HLC
1st	Oct	Peer Groups	TBC	HLC
8th	Oct	Kenyan Hills	Elvetham Heath	HLC
15th	Oct	Paarlauf	Elvetham Heath	HLC
22nd	Oct	Cloverleaf	Elvetham Heath	HLC
29th	Oct	Peer Groups	TBC	HLC
5th	Nov	Seesaw	Elvetham Heath	HLC
12th	Nov	3min intervals (T and 5k Pace)	Elvetham Heath	HLC
19th	Nov	800m Intervals	Fitzroy Road	HLC
26th	Nov	Peer Groups	TBC	HLC
3rd	Dec	1/2 mile and 1 mile intervals	Elvetham Heath	HLC
10th	Dec	Hill Sandwich	Elvetham Heath	HLC
17th	Dec	Paarlauf	Elvetham Heath	HLC