



HART ROAD RUNNERS : Jan ~ Apr Coached Sessions

| Date | | Planned Run | Planned Location | Meeting Point |
|------|-----|--------------------------------|------------------|---------------|
| 7th | Jan | 3min intervals (T and 5k Pace) | Elvetham Heath | HLC |
| 14th | Jan | Peer Groups | TBC | HLC |
| 21st | Jan | 1/2 mile and 1 mile intervals | Elvetham Heath | HLC |
| 28th | Jan | Paarlauf | Elvetham Heath | HLC |
| 4th | Feb | Seesaw | Elvetham Heath | HLC |
| 11th | Feb | Peer Groups | TBC | HLC |
| 18th | Feb | 3min intervals (T and 5k Pace) | Elvetham Heath | HLC |
| 25th | Feb | Pyramid | Elvetham Heath | HLC |
| 3rd | Mar | Kenyan Hills | Elvetham Heath | HLC |
| 10th | Mar | Peer Groups | TBC | HLC |
| 17th | Mar | Cloverleaf | Elvetham Heath | HLC |
| 24th | Mar | Hill Sandwich | Elvetham Heath | HLC |
| 31st | Mar | 1/2 mile and 1 mile intervals | Elvetham Heath | HLC |
| 7th | Apr | Peer Groups | TBC | HLC |
| 14th | Apr | Fartlek | Avenue Road | HLC |
| 21st | Apr | Paarlauf | Elvetham Heath | HLC |
| 28th | Apr | 800m Intervals | Fitzroy Road | HLC |