



Tuesday Night – Winter Training - 2021

Date	Planned Session	Planned Location	Meeting Point
7th Sept	Pyramid	Calthorpe Park	Calthorpe Park
14th Sept	Kenyan Hills	EH	The Key Centre
21st Sept	1 mile/1/2 mile	EH	The Key Centre
28th Sept	Clover Leaf	EH	The Key Centre
5th Oct	Peer Groups	Various	HLC
12th Oct	Seesaw	EH	The Key Centre
19th Oct	3min or 800m Intervals	EH/Fitzroy	HLC
26th Oct	Paarlauf	TBC	HLC
2nd Nov	Peer Groups	Various	The Key Centre
9th Nov	Hill Fartlek	Avenue Road	HLC
16th Nov	Mixed Intervals	EH Rykmansford Road	The Key Centre
23rd Nov	Pyramid	EH	The Key Centre
30th Nov	Peer Groups	Various	HLC
7th Dec	Hill Sandwich	Ibworth Lane	The Key Centre
14th Dec	3min or 800m Intervals	EH/Fitzroy	HLC
21st Dec	Clover Leaf	EH	The Key Centre

Please check Calendar on HRR website in the event of any changes to schedule