



Tuesday Night Coaching Schedule January to April 2022

Date	Planned Session	Planned Location	Meeting Point	Coach 1	Coach 2	Coach 3
4th Jan	Seesaw	EH	The Key Centre	Grahame	Angela	
11th Jan	Paarlauf	Edenbrook	HLC	Kevin	Shane	
18th Jan	Figure of 8	EH	EH	Ged	Spin	
25th Jan	Peer Groups	Various	TBC	Kevin	Angela	Grahame
1st Feb	Kenyan Hills	Hawkley Way	EH	Gill	Nigel	
8th Feb	3min Intervals	EH	EH	Andy	Shane	
15th Feb	Pyramid	EH	EH	Nigel	Angela	
22nd Feb	Peer Groups	Various	TBC	Grahame	Ged	Gill
1st Mar	Hill Fartlek	Avenue Road	EH	Spin	Andy	
8th Mar	1 mile & 1/2 mile intervals	EH - Turners Way/Ave	EH	Shane	Grahame	
15th Mar	Mixed Intervals	EH - Rykmansworth Road	EH	Angela	Ged	
22nd Mar	Peer Groups	Various	TBC	Kevin	Gill	Ged
29th Mar	Hill Sandwich	Ibworth Lane	EH	Grahame	Shane	
5th Apr	Paarlauf	Edenbrook	HLC	Kevin	Spin	
12th Apr	Clover Leaf	EH	EH	Ged	Angela	
19th Apr	Peer Groups	Various	TBC	Andy	Shane	Spin
26th Apr	Sue's Steps	EH	EH	Gill	Kevin	