



Sherfield Park RUNNERS

Tuesday Night Training Schedule

January – Mid February 2020

Date/Time	Session	Lead	Notes
Tues 7th Jan - 19:30	Timed Intervals	James Shanley	
Tues 14th Jan - 19:30	Pyramids	Hester Watson - Karen Hodkin	
Tues 21th Jan - 19:30	Meet & Retreat	Kevin Bye	
Tues 28th Jan - 19:30	Hills	Karen Hodkin	Trial of new location
Tues 4th Feb - 19:30	Mile Intervals	Ian Hansey	
Tues 11th Feb - 19:30	Fartlek	Karen Hodkin - Kevin Bye	Trial of new format

Notes from the Training Team;

As we start 2020 we are looking to take the opportunity to trial some new formats of the training sessions as well as developing the clubs Run Leader experience, it is with this in mind that we have started this year by posting only the first 6 weeks of the training schedule which will allow us to take feedback from on which sessions and new routes work the best and evolve each one accordingly.

Unless stated these will all start at 19:30 meeting at the Sherfield Community Centre with the routes being based around the Sherfield Estate with the odd excursion through Chineham.

It is our plan to continue with the success of the Thursday evening trail runs once the daylight allows, along with developing informal training sessions on the Thursdays when there isn't a trail run, details of this will be developed over the coming weeks and we will post these later on in the year.