



Helm Hill Runners
Intermediate training group schedule
 Winter training block 2



Road or Fell shoes	Date	Venue	Notes	Race to consider when training
F	3rd January 2018	Golf Course	Bell Reps	Scout Scar KWL
F	10th January 2018	Kendal Castle	Fast flat then steep	Club Champs Fri 12th
R	17th January 2018	Abbot Hall Circuits	Pyramid Strides	
F	24th January 2018	Golf Course	Fartlek	
F	31st January 2018	Kendal Castle	Steep & Round	
R	7th February 2018	Canal Path Strides	Form not just fast	Carnethy Sat 10th
F	14th February 2018	Golf Course	Valentine reps to get your heart rate up!	Club champs Sat 17th
F	21st February 2018	Kendal Castle	Castle Attack	
R	28th February 2018	Greyhound Reps	Enough said!	Club champs Sun 4th
F	7th March 2018	Golf Course	Fartlek	1st English Champs - 11th March - Edale
F	14th March 2018	Kendal Castle	Long & Round	
R	21st March 2018	River Rounds	Mile Reps	

All sessions meet and finish at Kendal Town Football Club, Parkside Road (unless stated otherwise). Head torch recommended for all sessions and as much Hi-Vis as you can bring yourself to wear for the roads! Sessions are subject to change - please check Facebook, Twitter and the Website for any announcements.