

Project X

Helm Hill Runners Black Group schedule Winter training block #2



Road /ell shoes	Date	Venue	Notes	Races to consider
F	9 January	Golf Course	6 x 3 min fast track reps	
R	16 January	Greyhound	3 x 7 min full hound reps	
F	23 January	Castle	6 x 5 min Up down up down reps	
R	30 January	Abbot Hall	1600/800's pairs parlauf	
F	6 February	Fartlek	Scout Scar sword sharpener	Carnethy
F	13 February	Golf Course	6 x 3 min bell reps	
F	20 February	Peoples Hall Sedbergh	Half term – no junior training 3 x 11 min (!) Winder reps	
R	27 February	Abbot Hall	1600/800s	
F	6 March	Helm Hill	6 x steep reps with a kick	
F	13 March	Fartlek	Easy away with short hard efforts	Stretton Eng Champs

- * All sessions meet and complete at Kendal Leisure Centre unless otherwise stated
- ** Head torch needed for all sessions and as much (i.e. at least some!) hi-vis as you can stomach for the roads
- *** Any changes will be posted to the Helm Hill facebook page