

Project X

Helm Hill Runners Black Group schedule Winter training block #1



Road /fell shoes	Date	Venue	Notes	Races to consider
F	3 October	Castle Green/Scout Scar	6/7 mile Fartlek	Hodgson Sun
F	10 October	Golf Course	Track reps	Ulverston XC Sat
R	17 October	Cycle track	Striding to relay success	Brit relays Sat
F	24 October	Staveley Mill yard @ 18:30	Headtorch fell run and pub recovery!	
R	31 October	Greyhound	2 steps forward and 1 step back	
F	7 November	Orienteering	Bring £4 and a brain – pairs event	Dunnerdale club champs Sat
R	14 November	Abbot Hall	River reppin 1600/800s	
F	21 November	Kendal Castle	Up down up down flagpole reps	Liverpool XC Sat
R	28 November	Kendal Green	Need for speed	
R	5 December	Greyhound TT	Round town fartlek + 1 mile greyhound TT	
F	12 December	Golf Course	Bell reps x 5	
F	19 December	Benson Knott/Helm Hill	8 mile fartlek	

- * All sessions meet and complete at Kendal Town Football Club unless otherwise stated
- ** Head torch needed for all sessions and as much hi-vis as you can stomach for the roads
- *** Any changes will be posted to the Helm Hill facebook page