

A blue rounded square with the text "Blue Group" written diagonally in white.

Helm Hill Runners  
**Blue** training group schedule  
Winter training block 2



Road or Fell shoes	Date	Venue	Notes
R	9 January 2019	Nobles Rest (we don't)	Pyramid reps
F	16 January 2019	Golf Course – Bell Reps	One ring to stop them all.
F	23 January 2019	Castle	Long & short
R	30 January 2019	Golf Course	Down/Up (yes, road shoes or trail).
F	6 February 2019	Castle	Steep & round
R	13 February 2019	Town Tour	Eight hills
F	20 February 2019	<b>Peoples Hall Sedbergh</b>	Half term – no junior training. Arant Haw, Haw.
F	27 February 2019	Castle	Castle attack reps
F	6 March 2019	Golf Course	The long and winding rep
R	13 March 2019	Nobles Rest (we don't)	Pyramid reps

All sessions meet and finish at Kendal Leisure Centre (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 group page for any announcements.