

Helm Hill Runners
Red Group training schedule
 Winter training block 2
 May change depending on weather!



Road or Fell shoes	Date	Venue	Notes
F	9th January 2019	Golf Course	New Year Bell ringing!
F	16th January 2019	Staveley	Social run including; wherethehellarewe, sprints PUB!!
R	23th January 2019	Abbot Hall River Reps, Timed	4 timed mile(ish) laps. Warm up en route
R	30 th January 2019	Canal squat thrust Fartlek 40mins	Jog, Run, Squat thrust, repeat!
F	6 th February 2019	Social Run Brunt Knott	Including, Ohherewearealthoughtwewerethere Fartleks or knott! PUB!!
R	13 th February 2019	Abbot Hall River Reps, Timed	4 timed mile(ish) laps. Warm up en route
F	20 th February 2019	Kendal Castle	Pyramids , sort of.
R	27 th February 2019	Canal squat thrust Fartlek 40mins	Jog, Run, Squat thrust, repeat!
R	6 th March 2019	Abbot Hall River Reps, Timed	4 timed mile(ish) laps. Warm up en route
F	13 th March 2019	Golf course	Cat and mouse true grit route
F	20 th March 2019	Kendal Castle	Pyramids, sort of.
R	27 th March 2019	Abbot Hall River Reps, Timed	4 timed mile(ish) laps. Warm up en route

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 and pavements!
 Sessions are subject to change - please check Facebook, Twitter and the Website for any announcements.

