January 2023

Date	Session / Meet	Details	Coach
1st Jan	Grp A (6 miles)	No session	Coach
ISUJAII	Grp B (10 miles)	No session	
2nd Jan	Totem/Maze Car Park	No session - Bank holiday	
			Duine
3rd Jan	All groups	20/20 - suitable for all abilities	Brian
5th Jan	Hockey Club	3 mile steady	Sean
		5 mile steady	Brian
7th Jan	Ridlins Track	Yasso session - it's all about pacing	Steffan
8th Jan	Grp A (6 miles)	Sainsburys, Coreys Milli	Sean
	Grp B (10 miles)	Manor Farm. Willian	Tracy
9th Jan	Totem/Maze Car Park	Introduction to Running	Tessa, Dave
10th Jan	Group A	5x1, 4x2, 3x3, 2x4, 1x5min with 50% recoveries	
	Group B		Jim
	Group C	Try and work at effort level 7-8.	Fiona
	Group D	Should mean that afer a fast start pace	Tracy
	Group E	decreases slightly as time increases.	твс
	Group F		
11th	Parkrun start	Daylight session	Jim
12th Jan	Hockey Club	Hill session	John
14th Jan	Ridlins Track	2-4-6-8-10-8-6-4-200m	Brian
15th Jan	All members	XC Race 4 at Royston - see FB for details	
20 311 9411			
16th Jan	Totem/Maze Car Park	Introduction to Running	Tessa, Dave
			Tessa, Dave Brian
<mark>16th Jan</mark>	Totem/Maze Car Park	Introduction to Running	Brian
<mark>16th Jan</mark> 17th Jan	Totem/Maze Car Park All groups	Introduction to Running Fixed distance intervals - Mile reps.	Brian
<mark>16th Jan</mark> 17th Jan	Totem/Maze Car Park All groups	Introduction to Running Fixed distance intervals - Mile reps. All inclusive session (choose steady run or coached	Brian session)
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