

## January 2023

Date	Session / Meet	Details	Coach
1st Jan	Grp A (6 miles)	No session	
	Grp B (10 miles)	No session	
2nd Jan	Totem/Maze Car Park	No session - Bank holiday	
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 Mill	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.	TBC
	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	
16th Jan	Totem/Maze Car Park	Introduction to Running	Tessa, Dave
17th Jan	All groups	Fixed distance intervals - Mile reps.	Brian
19th Jan	Hockey Club	All inclusive session (choose steady run or coached session)	
		Coached session - TBC	Pete
21st Jan	Ridlins Track	TBC	TBC
22nd Jan	Grp A (6 miles)	No session	
	Grp B (10 miles)	No session	
23rd Jan	Totem/Maze Car Park	Introduction to Running	Tessa, Dave
24th Jan	Group A	3/1+4/1+5/2min (3 sets)	Ken
	Group B		TBC
	Group C	Try to maintain same pace for each rep	Tim
	Group D	Effort level 6-8	Tracy
	Group E		TBC
	Group F		
25th	Parkrun start	Daylight session	Jim
26th Jan	Hockey Club	All inclusive session (choose steady run or coached session)	
		Coached session - 400m	Michelle
28th Jan	Ridlins Track	TBC	TBC
29th Jan	Grp A (6 miles)	Chequers, Bragbury End	Callie
	Grp B (10 miles)	TBC	Pete
30th Jan	Totem/Maze Car Park	Introduction to Running	Tessa, Dave
31st Jan	All groups	Club Session	Brian