

Exmouth Harriers Training for June 2017

		Leader
Thursday 1st June	Steady run: Cycle path to Budleigh, Knowle, across common and back along St John's Road	Cathy
Tuesday 6th June	Run Exe 5k or try the Woodland Relay Route, meet at Car Park by Wheathill Plantation at 6.5	Amy
Thursday 8th June	Exmouth seafront 12 - 16 X 1 minute hard, 1 minute recovery	
Tuesday 13th June	Track: 1 mile Time Trial and relays.	Cathy
Thursday 15th	Steady run to Lypstone along cycle path	
Tuesday 20th	SBTT	Bob
Thursday 22nd	Parlaaf relay Session Track	Simon
Tuesday 27th	Phear Park fartlek with hills, easier if racing hard tomorrow	Cathy
Wednesday 28th	Woodland Relays - Woodbury Common	
Thursday 29th	Steady club run: cycle path towards Budleigh, across golf course to West Down Beacon and back along coast path	