

December Training

Date	Training	Leader
Tuesday 5th	Foxholes Hill reps	Cathy
Thursday 7th	Steady run: Exeter Road, Littlemead Lane, Hulham Road, Dinan Way, Salterton Road, Rolle Road , Rolle Street, Marine Way. Option to take Claremont Grove back to Tennis Centre.	
Tuesday 12th	Seafront reps: 2 X 3 minutes, 4 X 2 minutes, 6 X 1 minute, 1 minute recovery	Hannah
Thursday 14th	Off road run, meet in East Budleigh car park	Terry
Tuesday 19th	4 X 1 mile/6 minutes on Lympstone cycle path, 4 minutes jog recovery between each	Mike?
Thursday 21st	Christmas Run around Exmouth	Emma
Tuesday 26th	Boxing Day 5k Exmouth Seafront TENNNIS CENTRE CLOSED	
Thursday 28th	Steady run: cycle path towards Lympstone, new route to Exeter Road, Courtlands Lane, Sowdon Lane, cycle path back to harbour, Seafront, Carlton Hill, Salterton Road, Claremont Grove.	