

Exmouth Harriers Training August 2017

We have a massive 10 sessions this month, so hopefully something for everyone. When a leader has not been designated hopefully someone will step in.

Leader

Tuesday 1st	Run Exe 5k or track: 3 X 800m, 2 min recovery; 2-3 X 400m, 90 secs recovery; 8-10 X 200m, 45 secs recovery. 3 min recovery between 800s, 400s and 200s.	Emma White
Thursday 3rd	Park Run Exmouth route	Simon Minting
Tuesday 8th	Seafront and coast path to West Down Beacon and return along Budleigh Cycle Path - hard effort on cycle path to Capel Lane bridge and then regroup.	
Wednesday 9th	Yeovilton 5k	
Thursday 10th	Hills: Lympstone cycle path extension to A la Ronde X 5	
Tuesday 15th	Track: 2 X (1m,2m,3m,2m,1m) 1 min recovery between efforts and 5 minutes recovery between sets	Dawn Teed
Thursday 17th	Warm up to Mudbank Lane, Cycle Path to Exton and back, aim for negative split. Option to turn earlier if preferred.	
Tuesday 22nd	Off road run, meet at Otterton Green 6:50	Terry Oldham
Thursday 24th	Track: Track 5 X 200m, 30 secs recovery between each; jog one lap, 2 X 1000, 800m jog after each; 5 X 200m 30 secs recovery	Berihu
Tuesday 29th	SBTT	Bob Keast
Thursday 31st	Phear park, cyle path towards Budleigh, left over common, past the reservoir and left on St John's road, then back to tennis centre.	