

February	2018
Date	Training
Thursday 1st	Steady run with fast efforts, Mike to decide route. Regroup after efforts.
Tuesday 6th	Warm up, then Phear Park loops 5/6 large laps pushing the hills then leaders turn to regroup
Thursday 8th	Seafront reps: 16 X 1 minute with 1 minute recovery between each
Tuesday 13th	Negative split run to Lymptone: warm up to Mudbank Lane, cycle path to Lymptone Village and on towards Exton if time; run out steady for 20 minutes and aim to run back slightly faster.
Thursday 15th	Off-road headtorch run, meet at newton Poppleford at Back lane near the tennis courts. Social at Cannon PH afterwards too.
Tuesday 20th	Warm up to start of cycle path to Lymptone 4 X effort for length of cycle path, stopping when leader reaches the road, 3 minutes recovery between each effort.
Thursday 22nd	Steady run, 7-8 miles, Mike's route.
Tuesday 27th	Steady run with hill efforts and regrouping: Withycombe Village Road, St John's Road, Dinan Way, Capel Lane, Maer Lane, Sea front, Victoria Road, Marine Way, Lyndhurst Road.
Leaders are provisional, please help with sessions if you can. As always, runs are inclusive and suitable for everyone. Never let someone run alone.	

Leader
Mike
Cathy
Dawn
Terry
Hannah
Mike