

## October Training

Date	Training	Leader
Tuesday 3rd	Seafront 4 X 1 mile (harbour to Lifeboat station) 3 mins recovery Steady run: cycle path through Phear Park to Bradham Lane, left, right on on St John's Road, left on Dinan Way, left on Hulham Road, right on Littlemead Lane, left on Exeter Road	
Thursday 5th	Road	
Tuesday 10th	Steady Run around Exmouth, Hugh's choice.	Hugh
Thursday 12th	Foxholes Hill reps	Cathy
Tuesday 17th	Seafront reps 18 x 1 minute hard, 1 minute recovery  Steady run: Cycle path towards Lypstone, new path to Exeter Road, right until footpath on right to Halsdon Avenue, left on cycle path to harbour, seafront to Orcombe Point, up zig zags to Foxholes, down to Maer Road, right on Douglas Avenue, then Bradham Lane and, Pound Lane, Hulham Road and Gypsy Lane.	
Thursday 19th		
Tuesday 24th	Halsdon Hill Loops	Dawn
Thursday 26th	Long Run: cyle path to Exton or Topsham, out and back. Headtorches useful.	Mike
Tuesday 31st	Off road Hallowe'en Run, Meet at Otterton Green at 6.50 pm. Headtorches VERY useful!	Terry