



## Helm Hill Runners 'Project X' training group schedule Winter training block 1



Road or Fell shoes	Date	Venue	Notes
Road	11th October 2017	Cycle track	Various strides
Fell	18th October 2017	Golf course	Bell reps
Fell	25th October	Stavely headtorch run Setting off from the Mill Yard at 6:30pm	Beers and food in The Eagle & Child after
Road	1st November 2017	Greyhound reps	2 steps forward & 1 step back!
Fell	8th November 2017	Castle reps	Down then up!
Road	15th November 2017	River reps	800m/1500m
Fell	22nd November 2017	Serpentine Woods	Slippery When Wet
Road	29th November 2017	Round town fartleck	8 miles?
Road	6th December 2017	Captain French, Gillinggate, Beast Banks	Trio of climbs
Road	13th December 2017	Town orienteering	Tommo special!
Grass	20th December 2017	Benson Knott headtorch run	Xmas fun

\*All sessions meet and finish at St Thomas School, Kendal Green (unless stated otherwise). Head torch recommended for all sessions and as much Hi-Vis as you can bring yourself to wear for the roads!!!

\*All sessions are subject to change - please check Facebook, Twitter and the Internet for any announcements

