



Helm Hill Runners
 'Project X' training group schedule
 Winter training block 2



Road or Fell shoes	Date	Venue	Notes	Race to consider when training
F	3rd January 2018	Kendal Castle	Flat fast then steep	
F	10th January 2018	Golf Course	Long Climb and decent (Adam)	Club champs Fri 12th
R	17th January 2018	Hospital reps		
F	24th January 2018	Meet Sedbergh peoples hall	Night Carnethy course fartlek	
F	31st January 2018	Kendal Castle	up, down, up, down - long reps	
F	7th February 2018	Cunswick and Scar	Tempo fartlek	Carnethy Sat 10th
R	14th February 2018	Greyhound	Long reps x 4	Club champs Sat 17th
R	21st February 2018	Around town	Fratlek 9 - 10 miles	
F	28th February 2018	Behind Castle Green	shorter reps	Club champs Sun 4th
R	7th March 2018	Abbot Hall bridge	River strides	1st English Champs - 11th March - Edale
F	14th March 2018	Golf Course	Bell reps	
R	21st March 2018	Greyhound	4 miles tempo - 1 x greyhound time trial - 3/4 mile tempo	Head torch

*All sessions meet and finish at Kendal Town Football Club, Parkside Road (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