



Helm Hill Runners  
**Blue Group** training schedule  
Winter training block 1



Road or Fell shoes	Date	Venue	Notes
F	3rd October 2018	Kendal Castle	Steep & Round
F	10th October 2018	Golf Course	Bell Reps
R	17th October 2018	Abbot Hall Circuits	Pyramid Strides
F	24th October 2018	Staveley Mill Yard @ 18:30	Headtorch Fell Run and pub recovery.
F	31st October 2018	Kendal Castle	Fast Flat then Steep
R	7th November 2018	Canal Path Strides	Form not just fast
F	14th November 2018	Golf Course	True Grit Reps
F	21st November 2018	Kendal Castle	Castle Attack (from Ski Slope)
R	28th November 2018	Greyhound Reps	Enough said!
F	5 <sup>th</sup> December 2018	Golf Course	Bell Reps
F	12th December 2018	Kendal Castle	Long & Round
R	19 <sup>th</sup> December 2018	River Rounds	Mile Reps

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! Sessions are subject to change - please check Facebook, Twitter and the Website for any announcements.