



Helm Hill Runners
Red Group training schedule
 Winter training block 1



Road or Fell shoes	Date	Venue	Notes
R	3rd October 2018	Abbot Hall River	1 mile reps with added Hard fast half lap
F	10th October 2018	Kendal Castle	Fast N Steep N Down N long
F	17th October 2018	Golf Course	Ring my bell-cat and mouse
F	24th October 2018	Staveley	Wherethehellarewe Tour of Staveley!
R	31st October 2018	Canal Fartlek	5 mins fast regroup 5 mins
F	7th November 2018	Kendal Castle	Short and fast up and down
F	14th November 2018	Golf Course	True grit Route
R	21st November 2018	Abbot Hall River	1 mile reps with added Hard fast half lap, 6 min pace
F	28th November 2018	Scout Scar	The Mushroom's calling!
F	5 th December 2018	Golf course	Cat and mouse true grit route
R	12th December 2018	Abbot Hall River	1 mile reps with added Hard fast half lap, 6 min pace 5:30 pace?
F	19 th December 2018	Kendal Castle	Short and fast up and down

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.