

summer training 2009

Tuesday's 6.15 PM

Hills, sprints and speed work

31-Mar-09 Northside (French Accents)
7-Apr-09 Northside (French Accents)
14-Apr-09 Vauxbelets Lower car park
21-Apr-09 Vauxbelets Lower car park
28-Apr-09 Chouet Car park
5-May-09 Chouet Car park
12-May-09 Bordeaux Kiosk
19-May-09 Bordeaux Kiosk
26-May-09 Imperial Kiosk
2-Jun-09 Imperial Kiosk
9-Jun-09 Vale Pond Kiosk
16-Jun-09 Vale Pond Kiosk
23-Jun-09 Grandes Rocques
30-Jun-09 Grandes Rocques
7-Jul-09 Pembroke Kiosk
14-Jul-09 Pembroke Kiosk
21-Jul-09 Vazon Richmond
28-Jul-09 Vazon Richmond
4-Aug-09 Rousse
11-Aug-09 Rousse
18-Aug-09 Saumarez Park Back Car park
25-Aug-09 Saumarez Park Back Car park
1-Sep-09 L'Eree Kiosk
8-Sep-09 L'Eree Kiosk
15-Sep-09 Fort George (archway)
22-Sep-09 Fort George (archway)
29-Sep-09 Fort George (archway)

Thursday's 6.15 PM

Cliff path running

2-Apr-09 Icart
9-Apr-09 Icart
16-Apr-09 Fort George (archway)
23-Apr-09 Fort George (archway)
30-Apr-09 Jerbourg
7-May-09 Jerbourg
14-May-09 Moulin Huet
21-May-09 Moulin Huet
28-May-09 Gouffre
4-Jun-09 Gouffre
11-Jun-09 Bathing Pools
18-Jun-09 Bathing Pools
25-Jun-09 Icart
2-Jul-09 Icart
9-Jul-09 Jerbourg Monument
16-Jul-09 Jerbourg Monument
23-Jul-09 Petit Bot
30-Jul-09 Petit Bot
6-Aug-09 Jerbourg Consistency run
13-Aug-09 Jerbourg
20-Aug-09 Bathing Pools
27-Aug-09 Bathing Pools
3-Sep-09 Icart
10-Sep-09 Icart
17-Sep-09 Les Tielles
24-Sep-09 Les Tielles
1-Oct-09 Les Tielles

Note. . All terrain week. . July 25th to 31st

This training group is aimed at runners who are capable of racing a 10k in a time of about 40 to 50 minutes. Tuesdays are speed work sessions lasting about 45 minutes. Thursdays are cliff runs lasting 40 minutes up to 1 hour.

Special emphasis will be aimed at training for the ALL TERRAIN WEEK

For further information, please contact "JP" Macé on 07781 435515