

Summer Training 2011

Tuesday's

Hills, sprints and speed work

	<u>PM</u>	
March 29, 2011	18.15	Northside (French Accents)
April 5, 2011	18.15	Northside (French Accents)
April 12, 2011	18.15	Reservoir. car park to the right of Dam
April 19, 2011	18.15	Reservoir. car park to the right of Dam
April 26, 2011	18.15	Vauxbelets lower car park
May 3, 2011	18.15	Vauxbelets lower car park
May 10, 2011	18.15	Sausmarez Park back carpark
May 17, 2011	18.15	Sausmarez Park back carpark
May 24, 2011	18.15	Imperial Kiosk
May 31, 2011	18.15	Imperial Kiosk
June 7, 2011	18.15	Vale Pond car park
June 14, 2011	18.15	Vale Pond car park
June 21, 2011	18.15	Grandes Rocques
June 28, 2011	18.15	Grandes Rocques
July 5, 2011	18.15	Pembroke Kiosk
July 12, 2011	18.15	Pembroke Kiosk
July 19, 2011	18.15	Rousse
July 26, 2011	18.15	Rousse
August 2, 2011	18.15	Vazon Richmond
August 9, 2011	18.15	Vazon Richmond
August 16, 2011	18.15	Bordeaux Kiosk
August 23, 2011	18.15	Bordeaux Kiosk
August 30, 2011	18.15	L'Eree Kiosk
September 6, 2011	18.15	L'Eree Kiosk
September 13, 2011	18.00	Fort George (archway)
September 20, 2011	18.00	Fort George (archway)
September 27, 2011	18.00	Fort George (archway)

Thursday's

Cliff path running

	<u>PM</u>	
March 31, 2011	18.15	Jerbourg
April 7, 2011	18.15	Jerbourg
April 14, 2011	18.15	Fort George (archway)
April 21, 2011	18.15	Fort George (archway)
April 28, 2011	18.15	Les Tielles
May 5, 2011	18.15	Les Tielles
May 12, 2011	18.15	Moulin Huet
May 19, 2011	18.15	Moulin Huet
May 26, 2011	18.15	Gouffre
June 2, 2011	18.15	Gouffre
June 9, 2011	18.15	Bathing Pools
June 16, 2011	18.15	Bathing Pools
June 23, 2011	18.15	Icart
June 30, 2011	18.15	Icart
July 7, 2011	18.15	Jerbourg Monument
July 14, 2011	18.15	Jerbourg Monument
July 21, 2011	18.15	Petit Bot
July 28, 2011	18.15	Petit Bot
August 4, 2011	18.15	Jerbourg
August 11, 2011	18.15	Herm Consistency run T.B.C.
August 18, 2011	18.15	Fort George (archway)
August 25, 2011	18.15	Fort George (archway)
September 1, 2011	18.15	Imperial
September 8, 2011	18.15	Imperial
September 15, 2011	18.00	Icart
September 22, 2011	18.00	Icart
September 29, 2011	18.00	Icart

This training group is aimed at runners who are capable of racing a 10k in a time of about 40 to 55 minutes. Tuesdays are speed work sessions lasting about 45 minutes. Thursdays are cliff runs lasting between 40 minutes and up to 1 hour.

Special emphasis will be aimed at training for the ALL TERRAIN WEEK. (NB All Terrain week is Sat. 30.7.2011 to Fri. 5.8.2011)

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