

Dave's Group Winter/Spring Training – Jan to March 2010

6 th January	Fartlek Session
13 th January	8 Reps up Undercliffe
20 th January	Pyramid session on Waterside & Abbot Hall Park
27 th January	Long Hill reps up Beat Banks to Greenside
3 rd February	Circuits of Gooseholme
10 th February	Short sharp reps up Green Hill off Kendal Green
17 th February	Lamp post session on cyclepath
24 th February	Hill reps on Fellside
3 rd March	The 2 Riggs (Briar- and Kent-)
10 th March	Long reps up Peat Lane
17 th March	Circuits of Waterside & Aynam Road
24 th March	Up and Down reps on Parr Street
31 st March	Full moon on The Greyhound!!!

All sessions depart from Castle centre at 7.00 prompt

All sessions last about 1 hour including warm up and down

The group will stay together at all times

Further details from Dave Richardson (015395 67132)

Everyone welcome

Be there and enjoy!!!