

Senior Training Plan - November 2023

Day and Time	Tuesday 6:45pm			Wednesday/ Competitions	Thursday 6:45pm			Saturday/Sunday, Competitions
Group/Coach	Group 1 Emma	Group 2 Brian	Group 3 Mark		Group 1 Emma	Group 2 Brian	Group 2 Mark D	10am Sunday
07/11/23	Senior Handicap 4.5 Miles Brian Mark			Committee Meeting 7:30pm, Beamish Mary, No Place	Steady Run 4-5 Miles	Steady Run 5-6 Miles	Steady Run 6-7 Miles	Sunday 12th November Goggins Trail Run 8:30am, South Moor Park
14/11/23	Steady Run 4-5 Miles	Steady Run 5-6 Miles	Long Run 8-9 Miles		Steady Run 4-5 Miles	6 x 2 Minute Intervals		Saturday 18th November Brampton to Carlisle 10 Mile
21/11/23	Kenyan Hills 40 Minutes				Steady Run 4-5 Miles	Steady Run 6-7 Miles	Steady Run 6-7 Miles	Saturday 25th November Aykley Heads NEHL
	AGM, 21st November, 6:40pm, NDA							
28/11/23	Steady Run 4-5 Miles	Tempo Run 4-5 Miles	Head Torch Run 6-7 Miles		Steady Run 4-5 Miles	Concertina Hills 3 x 3 Hills		.