

## Senior Training Plan - December 2024

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
03/12/24	<b>Senior Handicap Winter Route 4.5 Miles</b>			4th December, Committee Meeting, 7:30pm Craghead Village Hall	Steady Run 4-5 Miles	Steady Run 5-6 Miles	Steady Run 6-7 Miles	
10/12/24	Steady Run 4-5 Miles	<b>Concertina Hills, 3 x 3 Hills</b>			Steady Run 4-5 Miles	Steady Run 5-6 Miles	Steady Run 5-6 Miles	Saturday 14th December, NECAA Cross Country Championships
17/12/24	Steady Run 4-5 Miles	Steady Run 5-6 Miles	Headtorch Run 6-7 Miles		Kenyan Hills Session, 40 Minutes			
24/12/24	<b>No Session Tonight, Merry Christmas to you all</b>				No Session Tonight. Have a Good boxing Day			