

March 2025

Date	Tuesday			Wednesday	Thursday			Saturday / Sunday
Coach/ Group	Group 1/ Emma	Group 2/ Brian	Group 3/ Mark		Group 1/ Emma	Group 2/ Brian	Group 3/ Mark	
4/03/25	Steady Run 4-5 Miles	Steady Run 5-6 Miles	Head Torch Run 6-7 Miles		Steady Run 4 Miles	Concertina Hills Session 3 x 3 Hills		
11/03/25	Senior Handicap 4.6 Miles				Steady Run 4-5 Miles	Steady Run 5-6 Miles	Steady Run 6-7 Miles	
18/03/25	Kenyan Hills Session 40 Minutes				Steady Run 4-5 Miles	Steady Run 5-6 Miles	Steady Run 6-7 Miles	23rd March NEHL- Druridge Bay
25/03/25	Steady Run 4-5 Miles	Steady Run 6-7 Miles	Steady Run 7-8 Miles		Emma's Lamppost Session	Lamppost Session 4,6,8,6,4		