

MICK'S GROUP SCHEDULE

<u>Date</u>	<u>Lead Coach</u>	<u>Exercise</u>	<u>Duration/Recovery</u>
<u>August 2010</u>			
Thu 26th	Phill	6 x 4 minutes	90 secs
Sun 29th		Dumbles Run (meet at Ashfield School car park 8am)	2hrs
Tue 31st	Paul	400m	60 secs
<u>September 2010</u>			
Thu 2 nd	John	Cricket Pitch	40 mins
<u>Sat 4th September</u>		Skeggy Bike Ride – See Bryan Timmins and Keith Brown for details	
Sun 5 th		John's Posse Run (The Hut car park @ 8am)	1hr 45 min
Tue 7 th		<u>Portland Handicap</u> (Meet Teversal Grange car park 6.15pm) food afterwards in grange	6.30 start
Thu 9 th	Phill	4 x 400m + 1 mile + 4 x 400m + 1 mile + 4 x 400m	45 secs
Sun 12 th		Big Paul's Felly Run (Meet junction 27 @ 8am)	2 hrs
Tue 14 th	Paul	Timed Pyramid	
Thu 16 th	John	short efforts	jog – 40 mins
Sun 19 th		Linby Run – woods car park @ 8am	1 hr 45 min
Tue 21 st	Phill	Cricket Pitch	40 mins
Thu 23 rd	Paul	6 x 4 minutes	90 secs
Sat 25th Sept		Presentation Evening – Towers Tickets £5	
Sun 26 th		Teversal Grange car park @ 8am	2hrs
Tue 28 th	Paul	600m	90 secs
Thu 30 th	John	200m, 400m, 600m, 800m pyramid	30, 60, 90,120 secs
Sun 3 rd Oct		Derbyshire Run (See Big Paul for car park details meet 8am)	2 Hr
<u>All future sessions on Abacus or Hills on Common Road</u>			
Tue 5 th Oct	Phill	Hills – uphill on Common Road Industrial Estate	40 mins
Thu 7 th Oct	John	4 x 1 mile on Abacus loop	jog
Sun 10 th Oct		John's Posse Run (The Hut car park @ 8am) Proposed Mile Monster W/End (Lakes) register interest with Phill	1hr 45 min tba
Tue 12 th Oct	Paul	short efforts	jog – 40 mins
Thu 14 th Oct	Phill	200m, 400m, 600m pyramid	30, 60, 90 secs
Sun 17 th Oct		<u>Hewitt's Plumbers X-Country</u> (Shipleigh Park Visitors Centre) Meet Ashfields SCHOOL 9.30am	11am start
Tue 19 th Oct	Paul	Hills – uphill on Common Road Industrial Estate	40 mins

Regards Mick & Phill