



# HELSBY RUNNING CLUB

## Winter Training Program 2018/19



Month	Date	Location	Comment
Sept	26	Mickle Trafford	Time trial
Oct	3	Frodsham	Steady route finding for new members
	10	Manley Mere	Steady route finding for new members
	17	Delamere	Lake run
	24	Frodsham	Tempo run
	31	Mickle Trafford	Time trial
Nov	7	Godscroft	Guy Fawkes guess your time competition
	14	Manley Mere	Tempo run
	21	Delamere	Hill reps on Old Pale
	28	Mickle Trafford	Time trial
Dec	5	Frodsham	Fartleks
	12	Manley Mere	Steady run
	19	A56	Xmas handicap
	26	Boxing day	Boxing day
Jan	2	Helsby	Urban orienteering
	9	Delamere	Lake run
	16	Marshes	Headlamp run
	23	Manley Mere	Tempo run
	30	Mickle Trafford	Time trial
Feb	6	Delamere	Hill reps on Old Pale
	13	Godscroft	Valentine guess your time competition
	20	Manley Mere	Steady run
	27	Mickle Trafford	Time trial
March	6	Frodsham	Fartleks
	13	Delamere	Lake run
	20	Manley Mere	Steady run
	27	Mickle Trafford	Time trial

To create some variety we've come up with a calendar of different runs in different places & tempos. We'll try & stick to this and trial it out (weather permitting though; if the planned option is not safe then obviously we'll change, e.g. high winds in Delamere). We'll either muster or have paced groups with leaders volunteering please on the night. Each week we will have a nominated beginners leader in case someone new or at beginners pace turns up.

The Time Trails are either 10K or 6K distance.

All other training runs have options to be between 4 and 9 miles.

Guess Your Time : warm up & down run to High School. Timed run around the Godscroft Lane loop having guessed the time you are going to do it in (no watches allowed), a training session in regular pacing!

Meet at Helsby Community Social Club Wednesdays 6:30pm. All the runs except Delamere, start & finish from the club. For the away runs in Delamere we will publicise meeting times & places on our facebook page & on our blog, the week preceding.