Summer Training 2016

Thursday 28 April Mota-vation Series Race 1 Charlton-on-Otmoor

Thursday 5 May Cross Country Handicap Sparsholt Firs

Thursday 12 May 8 x 400m + 200m King Alfred’s West Site

Wednesday 25 May Oxford Open Graded Meeting Horspath Road Athletics Track

Thursday 26 May 12 x long hills Wantage Memorial Park, Manor Road

Thursday 2 June Mota-vation Series Race 2 Bletchingdon

Thursday 9 June 6 x seven section laps King Alfred’s Centre Site

Wednesday 22 June Oxford Open Graded Meeting Horspath Road Athletics Track

Thursday 23 June 8 x steep hills Warborough Road, Letcombe Regis

Thursday 7 July Mota-vation Series Race 3 Combe I

Wednesday 13 July Oxford Open Graded Meeting Horspath Road Athletics Track

Thursday 21 July 16 x 200m on 3mins cycle King Alfred’s West Site

Thursday 4 August Mota-vation Series Race 4 Combe II

Thursday 11 August 8 x 400m + 200m King Alfred’s West Site

Wednesday 17 August Oxford Open Graded Meeting Horspath Road Athletics Track

Thursday 25 August 12 x long hills Wantage Memorial Park, Manor Road

Thursday 1 September Mota-vation Series Race 5 Oxford

Thursday 8 September 6 x seven section laps King Alfred’s Centre Site

Thursday 22 September 8 x steep hills Warborough Road, Letcombe Regis

Thursday 24 September 16 x 200m on 3mins cycle King Alfred’s West Site