

Week	W/B	Sunday				Tuesday				Thursday				Saturday			
		Session	Focus	Leader	Location	Session	Focus	Leader/ Coach	Location	Session	Focus	Leader/ Coach	Location	Session	Focus	Coach/ Leader	Location
1	28th April	WHH Social Run	9-12 min/ mile	TBC	Wantage LC/ Court Hill YH	Drills/ ABC/ Circuits	Running form/ Core Strength	Jason	LVH	Time Trial	20 mins out and back to Court Hill	Jon/ Pip	KA West Site	Intermediates meet	Social	Clare/ Helen/ Becci	Boars Head - Ardington
2	5th May	Race 3 of Club MT Champs	Race	N/A	Houghton, Hants	ABC/ Circuits	Resistance Circuits	Clare	LVH	Group Run via Childrey Letcombe	Tempo pacing	Chris	KA West Site	Intermediates meet	Social	Clare/ Helen/ Becci	The Chequers - Charney Bassett
3	12th May	WHH Social Run	9-12 min/ mile	TBC	Wantage LC/ Court Hill YH	Drills/ ABC/ Circuits	Running form/ Cardio circuit	Kerry	LVH	Long Intervals	Pacing for 1km	Jon (Possible back up required)	KA West Site	Intermediates meet	Social	Clare/ Helen/ Becci	Lord Nelson
4	19st May	WHH Social Run	9-12 min/ mile	TBC	Wantage LC/ Court Hill YH	Drills/ Circuits	Body weight circuits	Chris	LVH	Hill Reps	Short recovery	Pippa	KA West Site	Intermediates meet	Social	Clare/ Helen/ Becci	Lambourn
5	26th May	WHH Social Run	9-12 min/ mile	TBC	Wantage LC/ Court Hill YH	Intervals	8 x 400m @ 90 sec/ 90 sec	Oxon Coach/ Terry	Tilsley Park	Magical Mystery Tour	Steady pace with short bursts	Pippa	KA West Site	Intermediates meet	Social	Clare/ Helen/ Becci	Southamer's Knob - East Headred
6	2nd June	Race 4 of Club MT Champs	Race	N/A	Chiltem Chase	Stretching/ Foam rollers	Recovery	Jon	TBC	Group Run via Wantage/ Grove	Tempo pacing	Jason	KA West Site	Fartlek	Change of pace	Terry	Lord Nelson
7	9th June	WHH Social Run	9-12 min/ mile	TBC	Wantage LC/ Court Hill YH	Oregon Circuits	Running form/ Core Strength	Kerry	TBC	Club Handicap	Race	Gareth	Spanshot Firs	Intermediates meet	Social	Clare/ Helen/ Becci	The Fox - Denchworth
8	16th June	WHH Social Run	9-12 min/ mile	TBC	Wantage LC/ Court Hill YH	ABC/ Circuits	Resistance Circuits	Jason	TBC	Time Trial	20 mins out and back to Court Hill	Pippa	KA West Site	Intermediates meet	Social	Clare/ Helen/ Becci	Top of Blowingstone Hill
9	23rd June	WHH Social Run	9-12 min/ mile	TBC	Wantage LC/ Court Hill YH	Intervals	6 x 800m @ 180sec/ 180 sec	Oxon Coach/ Terry	Tilsley Park	Hill Reps	Short recovery	Jon	KA West Site	Intermediates meet	Social	Clare/ Helen/ Becci	Snells Hall - East Hendred
10	30th June	WHH Social Run	9-12 min/ mile	TBC	Wantage LC/ Court Hill YH	Drills/ Circuits	Resistance Circuits	Jason	TBC	Long Intervals	400, 600, 800, 1000 Pyramid	Kerry	KA West Site	Fartlek	Change of pace	Terry	Childrey
11	7th July	Didcot 5	Race	N/A	Didcot	Oregon Circuits	Running form/ Core Strength	Chris	TBC	Fitness on The Farm	All over strength	Leah/ Clare	Southmoor	Intermediates meet	Social	Clare/ Helen/ Becci	Lord Wantage Monument
12	14th July	WHH Social Run	9-12 min/ mile	TBC	Wantage LC/ Court Hill YH	Resistance circuits	Core/ Upper body	Engine House Staff/ Terry	Engine House Gym	Group Run via Childrey Letcombe	Steady pace with short bursts	Jason	KA West Site	Race 5 of Club MT Champs	Race	N/A	Farmoor Reservoir
13	21st July	WHH Social Run	9-12 min/ mile	TBC	Wantage LC/ Court Hill YH	ABC/ Stretching/ Rolling	Recovery	Jon	TBC	Intervals/ Relays	Start/ Finish Race	Clare	KA West Site	Breakfast Run	Social	Clare/ Helen/ Becci	TBC
14	28th July	WHH Social Run	9-12 min/ mile	TBC	Wantage LC/ Court Hill YH	Intervals	10 x 400m @ 90 sec/ 90 sec	Oxon Coach/ Terry	Tilsley Park	Short Sprints	change of direction at speed	Terry	KA West Site	Fartlek	Change of pace	Terry	Snells Hall - Hendred
15	4th Aug	Hook Norton 6	Race	N/A	Hook Norton	Speed	Cadence/ leg turn over	Jon	TBC	Long Intervals	Pacing for 1km	Jason	KA West Site	Intermediates meet	Social	Clare/ Helen/ Becci	White Horse Hill (Club Photo????)
16	11th Aug	WHH Social Run	9-12 min/ mile	TBC	Wantage LC/ Court Hill YH	ABC/ Circuits	Running form/ Core Strength	Chris	TBC	Group Run via Childrey Letcombe	Tempo pacing	Pippa	KA West Site	Intermediates meet	Social	Clare/ Helen/ Becci	Court Hill YH
17	18th Aug	WHH Social Run	9-12 min/ mile	TBC	Wantage LC/ Court Hill YH	Yoga	Breathing techniques/ Core	Kerry	TBC	Magical Mystery Tour	Steady pace with short bursts	Jon	KA West Site	Intermediates meet	Social	Clare/ Helen/ Becci	Spanshot Firs
18	25th Aug	Headington 5	Race	N/A	Headington	Intervals	7 x 800m @ 180sec/ 180 sec	Oxon Coach/ Terry	Tilsley Park	Time Trial	20 mins out and back to Court Hill	Pippa	KA West Site	Intermediates meet	Social	Clare/ Helen/ Becci	Grove - Road to Denchworth