

Table 1

CR Programme: Wednesday. Meet Hayfield, Glenmore at 6.30pm					
Week	When	What	Lead	Away	
1	3/4/19	Running Drills	Alan	Nicki	
2	10/4/19	Fartlek	Nicki		
3	17/4/19	Down hill reps	Alan		
4	24/4/19	Intervals	Nicki		
5	1/5/19	Up hill reps	Alan		
6	8/5/19	Running Drills	Nicki		
7	15/5/19	Fartlek	Alan		
8	22/5/19	Down hill reps	Nicki		
9	29/5/19	Intervals	Alan		
10	5/6/19	Up hill reps	Nicki	Alan	
11	12/6/19	Running Drills	Alan		
12	19/6/19	Fartlek	Nicki		
13	26/6/19	Down hill reps	Alan		
14	3/7/19	Intervals	Alan	Nicki	
15	10/7/19	Up hill reps	Alan	Nicki	
16	17/7/19	Running Drills	Nicki		
17	24/7/19	Fartlek	Alan		
18	31/7/19	Down hill reps	Nicki		
19	7/8/19	Intervals	Alan		
20	14/8/19	Up hill reps	Nicki		
21	21/8/19	Running Drills	Alan		
22	28/8/19	Fartlek	Nicki		
23	4/9/19	Down hill reps	Alan		
24	11/9/19	Intervals	Nicki		
25	18/9/19	Up hill reps	Alan		
26	25/9/19	Running Drills	Nicki	Alan	
27	2/10/19	Fartlek	Alan		
28	9/10/19	Down hill reps	Nicki		
29	16/10/19	Intervals	Alan	Nicki	
30	23/10/19	Up hill reps	Nicki		
31	30/10/19	Social	Alan		