



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Group Leader(s)	10/07/2017	11/07/2017	12/07/2017	13/07/2017	14/07/2017	15/07/2017	16/07/2017
Gary Dack	-	1600m, 1200m, 1000m, 800m, 400m	-	Hills Sandy Lane 3x long and short	-	-	-
Louise Dykes & Ian Harris	-	-	-	Tees Barrage - to infinity and beyond!	-	-	-
Sarah Short & Andrea Clyburn	-	-	-	Tempo Run	-	-	-
Allison Rae & Dotty Harris	-	-	-	Intervals	-	-	-

**BIL**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
17/07/2017	18/07/2017	19/07/2017	20/07/2017	21/07/2017	22/07/2017	23/07/2017
-	(400m @ marathon, 400m @ 5k) x 8	Summer Coast Road 5k	10x400 country park or grass track if available	-	-	-
-	-	Summer Coast Road 5k	2 x (6x400) (90 secs rec) (2mins 30 secs between sets)	-	-	-
-	-	Summer Coast Road 5k	Pyramid Session	-	-	-
-	-	Summer Coast Road 5k	Intervals	-	-	-

**LINGHAM MARSH HC**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
24/07/2017	25/07/2017	26/07/2017	27/07/2017	28/07/2017	29/07/2017	30/07/2017
-	(400m @ marathon, 800m @ 5k) x 5	-	Naked run	-	-	-
-	-	-	Naked run	-	-	-
-	-	-	Naked run	-	-	-
-	-	-	Naked run	-	-	-

**HOUSE HARRIERS**

**BIL**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
31/07/2017	01/08/2017	02/08/2017	03/08/2017	04/08/2017	05/08/2017	06/08/2017
-	(400m @ marathon, 1200m @ 10k) x 4	-	Mile Reps x4 venue to be confirmed	-	-	-
-	-	-	Hill session	-	-	-
-	-	-	Hill Loops	-	-	-
-	-	-	Pinchinthorpe hills	-	-	-

**LINGHAM MARSH HC**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07/08/2017	08/08/2017	09/08/2017	10/08/2017	11/08/2017	12/08/2017	13/08/2017
-	(400m @ 1/2 marathon, 800m @ 5k) x 4	-	Tempo 3 mile progressive venue to be confirmed	-	-	Darlington 10k
-	-	-	Indian File Rugby Field	-	-	Darlington 10k
-	-	-	Threshold Run	-	-	Darlington 10k
-	-	-	4 miles	-	-	Darlington 10k

**HOUSE HARRIERS**

**BIL**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
14/08/2017	15/08/2017	16/08/2017	17/08/2017	18/08/2017	19/08/2017	20/08/2017
-	(400m @ 1/2 marathon, 400m @ 3k) x 7	-	Hills Sandy Lane 3x long and short	-	-	Ray Harrison 10k
-	-	-	Tortoise and Hare	-	-	Ray Harrison 10k
-	-	-	Indian Filing	-	-	Ray Harrison 10k
-	-	-	-	-	-	Ray Harrison 10k

**LINGHAM MARSH HC**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
21/08/2017	22/08/2017	23/08/2017	24/08/2017	25/08/2017	26/08/2017	27/08/2017
-	(200m @ marathon, 400m @ 3k) x 9	-	8x600 Rugby Pitch or grass track if available	-	-	-
-	-	-	Oregon Circuit	-	-	-
-	-	-	200m Reps	-	-	-
-	-	-	-	-	-	-

**HOUSE HARRIERS**

**BIL**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
28/08/2017	29/08/2017	30/08/2017	31/08/2017	01/09/2017	02/09/2017	03/09/2017
-	(200m @ marathon, 200m @ 1500m) x 14	-	NYMAC relays Stewart Park	-	-	Tees Pride 10k
-	-	-	NYMAC relays Stewart Park	-	-	Tees Pride 10k
-	-	-	NYMAC relays Stewart Park	-	-	Tees Pride 10k
-	-	-	NYMAC relays Stewart Park	-	-	Tees Pride 10k

**LINGHAM MARSH HC**