

Training Plan to Christmas 2019 -Gary Dack

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Monday	Session	Venue	Thursday	Session	Venue	Meet
11/11	10K Recovery Run	Norton Sports Complex	14/11	8x600	Belasis	Billingham Rugby Club
18/11	10K Recovery Run	Norton Sports Complex	21/11	4x mile	Greenwood Road	Billingham Rugby Club
25/11	10K Recovery Run	Norton Sports Complex	28/11	Tempo with IF	Crispy Loop x4	Billingham Rugby Club
2/12	10K Recovery Run	Norton Sports Complex	5/12	Hills	Lampost Pyramid	Billingham Rugby Club
9/12	10K Recovery Run	Norton Sports Complex	12/12	8x400	Belasis	Billingham Rugby Club
16/12	10K Recovery Run	Norton Sports Complex	19/12	5x1K	Belasis	Billingham Rugby Club
23/12	10K Recovery Run	Norton Sports Complex	26/12	Boxing Day	No session	

