

## Revised SPRING 2018 - Kings Playing Fields – Tuesdays 6:15pm

Date	Session	Notes
9 <sup>th</sup> Jan	15 x 60s round Rugby Pitch	
16th	Out-Back	Six sets
23rd	(65s, 3mins) x 5	Round perimeter
30th	Seaton – continuous hills	Road shoes – reflective tops
6 <sup>th</sup> Feb	15 x 65s round Rugby Pitch	
13th	Out-Back	Six set pyramid
20th	(65s, 3mins) x 5	Round perimeter
227th	Seaton – continuous hills	Road shoes – reflective tops
6th March	Out-Back	Seven set pyramid starting at 1m30s
13th	(65s, 3mins) x 5	Round perimeter
20th	Seaton – continuous hills	Road shoes – reflective tops
27th	Out in the woods/hills	