

SPRING 2020 - Kings Playing Fields – Tuesdays 6:15pm

Date	Session	Notes
7th Jan	16 x 65s round Rugby Pitch	
14th	Out-Back	Six sets
21st	(65s, 3mins) x 5	Round perimeter
28th	Seaton – continuous hills	Road shoes – reflective tops
4 th Feb	16 x 65s round Rugby Pitch	
11th	Out-Back	Six set pyramid
18th	(65s, 3mins) x 5	Round perimeter
25th	Seaton – continuous hills	Road shoes – reflective tops
3rd March	16 x 65s round Rugby Pitch	
10th	Out-Back	Seven set pyramid starting at 1m30s
17th	(65s, 3mins) x 5	Round perimeter
24th	Cathedral Hills	
31st	Skrunce Preview or similar	