

Interval Training schedule: Tuesday Evening

This is the interval training sessions scheduled for Tuesday night.

Date	Location	Session
12 th May	Sandhurst	Large field – flat long reps
19 th May	Sandhurst	Hill session
26 th May	Sandhurst	Games
2nd June	Ambarrow woods	Fartlek session
9 th June	Sandhurst	Hill and flat circuit
16 th June	Sandhurst	Large field – flat long reps
23 rd June	Sandhurst	Hill session
30 th June	Sandhurst	Games
7th July	Broadmoor	Bounders Relay or Fartlek session
14 th July	Sandhurst	Hills and flat circuit
21 st July	Sandhurst	Large field – flat long reps
28 th July	Sandhurst	Fartlek session
4th Aug	Look out	Sting – hill session
11 th Aug	Sandhurst	Hill and flat circuit
18 th Aug	Sandhurst	Fartlek session
25 th Aug	Sandhurst	Large field – flat long reps
1st Sept	TBA – away day	Treasure Hunt
8 th Sept	Sandhurst	Hills
15 th Sept	Sandhurst	Hills and flat circuit
22 nd Sept	Sandhurst	Fartlek session
29 th Sept	Sandhurst	Large field – flat long reps.