

TEAM BENNETT

APRIL

Tuesday 1st	Club Run
Wednesday 2nd	SPENCERS DASH
Thursday 3rd	Club Run
Saturday 5th	SILKSTONE SHUFFLE / ROTHER VALLEY 10K
Sunday 6th	Long Run
Monday 7th	Circuit Training
Tuesday 8th	Tempo Run
Thursday 10th	Club Run
Saturday 12th	Dearne Valley 6x1min fast 2 min rec
Sunday 13th	LONDON MARATHON / Long Run
Monday 14th	Circuit Training
Tuesday 15th	Club Run
Wednesday 16th	Road League Hayfield
Thursday 17th	Club Run
Saturday 19th	Dearne Valley Pyramid 1,2,3,4 fast 2,2,3 rec
Sunday 20th	Long Run
Monday 21st	TRUNCE / Circuit Training
Tuesday 22nd	Club Run
Wednesday 23rd	Road League Penistone
Thursday 24th	Hartcliffe Hill Race / Club Run
Sunday 27th	SHEFFIELD HALF / Long Run
Monday 28th	Circuit Training
Tuesday 29th	Club Run
Wednesday 30th	Road League Dinnington

MAY

Thursday 1st	Club Run
Saturday 3rd	NORTHERN T & F LEAGUE / Dearne Valley 8 X 1 min fast 2min rec
Sunday 4th	Long Run
Tuesday 6th	Club Run
Wednesday 7th	SPENCERS DASH
Thursday 8th	Tempo Run 20 mins / Club Run
Sunday 11th	MILTON 6 / Long Run
Monday 12th	TRUNCE / Circuit Training
Tuesday 13th	Club Run
Wednesday 14th	Road League Worsborough
Thursday 15th	Club Run
Saturday 17th	Dearne Valley Pyramid 1,2,3,4 fast 2,2,3 rec
Sunday 18th	Long Run
Monday 19th	Circuit Training
Tuesday 20th	Club Run
Wednesday 21st	ASKERN 10K
Thursday 22nd	Club Run
Saturday 24th	Dearne Valley 10 x 1min fast 2min rec
Sunday 25th	Long Run
Tuesday 27th	HALLAM CHASE / Club Run
Thursday 29th	Fartlek 12 x 30secs
Saturday 31st	Dearne Valley Pyramid 1,2,3,4 fast 2,2,3 rec

JUNE

Sunday 1st	Long Run
Monday 2nd	TRUNCE / Circuit Training
Tuesday 3rd	Club Run
Wednesday 4th	SPENCERS DASH
Thursday 5th	Tempo Run 20 mins / Club Run
Sunday 8th	BARNSELY BOUNDARY
Monday 9th	Circuit Training
Tuesday 10th	5 x Wood
Thursday 12th	Club 800m Track
Saturday 14th	Dearne Valley 12 x 1min fast 2min rec
Sunday 15th	Long Run
Monday 16th	Circuit Training
Tuesday 17th	Fratlek 14 x 30secs
Thursday 19th	Pyramid Session
Saturday 21st	SILKSTONE SHUFFLE
Sunday 22nd	Long Run
Monday 23rd	TRUNCE / Circuit Training
Tuesday 24th	Club Run
Wednesday 25th	DAM FLASK RELAY
Thursday 26th	Club Run
Saturday 28th	Dearne Valley Pyramid 1,2,3,4 fast 2,2,3 rec
Sunday 29th	Long Run
Monday 30th	Circuit Training

No training Saturday if racing Sunday

Ring Dave for Saturday sessions 01226 291403