

Horsforth Fellandale Club

Winter Training Schedule 2011/12 for Medium/Longer Routes (OCTOBER 2011)

All routes except away days and off-road from Trinity Fitness centre at Leeds Trinity University College (LTUC), Brownberrie Lane, Horsforth. Arrive LTUC at 6.30pm for a 6.45pm start. Away days start at 7pm.

Description of steady-run routes, speed sessions and time trial are on Fellandale website.

Month	Wk. No.	Date	Training activity	Venue, Route (distance by standard route)
Sept. 2011	2	14/09	Summer prog.	Chevin
	3	21/09	Summer prog.	Chevin
	4	28/09	Summer prog.	Chevin
Oct. 2011	1	05/10	Steady run	LTUC, Cookridge (8.5m)
	2	12/10	Steady run	LTUC, Bramley (8.5m)
	3	19/10	SPEED SESSION	LTUC, Southway and Scotland Lane
	4	26/10	Steady run	LTUC, Headingley (8.5m)
Nov. 2011	1	02/11	Time trial No. 1	LTUC, Local route (St Margaret's) †
	2	09/11	Away Day	Aireborough Sports Centre (7pm start)
	3	16/11	Steady run	LTUC, Tour O' Horsforth (6.5m)
	4	23/11	SPEED/HILL	LTUC, Rawdon (Emmott Drive)
	5	30/11	Steady run	LTUC, Adel (8.5m)
Dec. 2012	1	07/12	Time trial No. 2	LTUC, Local route (St Margaret's) †
	2	14/12	Away Day	Chippingdale Sports C, Otley (7pm start)
	3	21/12	Speed session	LTUC, Cookridge (Moseley Wood App)
	4	28/12	Optional	Christmas week (optional)
Jan. 2012	1	04/01	Time trial No. 3	LTUC, Local route (St Margaret's) †
	2	11/01	Away/Off road	Golden Acre Park (7pm, A660 car park)
	3	18/01	Steady run	LTUC, Apperley Bridge (8.5m)
	4	25/01	Away/Off road	Beckett Park orienteering event starts 7pm
Feb. 2012	1	01/02	Time trial No. 4	LTUC, Local route (St Margaret's) †
	2	08/02	Away Day	Pudsey Sports Centre (7pm start)
	3	15/02	Steady run	LTUC, Rodley/Bramley (8m)
	4	22/02	Away/Off road	Danefield (7pm, Royalty CP? - tbc) ***
	5	29/02	SPEED/HILL	LTUC, Calverley Lane (old factory)
Mar. 2012	1	07/03	Steady run	LTUC, Cookridge (8.5m)
	2	14/03	Alternative sport	(Sport & venue to be confirmed) ##
	3	21/03	Steady run	LTUC, Bramley (8.5m) or Fartlek
	4	28/03	Steady run	LTUC, Rawdon Billings + road finish
Apr. 2012	1	04/04	Steady run	LTUC, Horsforth Boundary or Chevin
	2	11/04	Summer prog.	Chevin

Key *** will be off road in dark - bring torch! ## mystery sport to be notified later
 † date is weather permitting and subject to organizer availability