

Horsforth Fellandale Club
 Winter Training Schedule 2007/08
 Medium and Fast Groups

Month	Wk. No.	Date	Training activity	Comments
September 2007	1	05/09	Summer prog	Chevin
	2	12/09	Summer prog	Chevin
	3	19/09	Steady run	Yeadon
	4	26/09	Steady run	Cookridge
October 2007	1	03/10	Steady run	Bramley
	2	10/10	Steady run	Apperley Bridge
	3	17/10	Speed	Southway
	4	24/10	Steady run	Calverley
	5	31/10	Steady run	Adel
November 2007	1	07/11	Time trial No. 1	Leeds TASC
	2	14/11	Steady run	Headingley
	3	21/11	Speed	Normans, Kirkstall
	4	28/11	Steady run	Tour O' Horsforth
December 2007	1	05/12	Time trial No. 2	Leeds TASC
	2	12/12	Steady run	Yeadon
	3	19/12	Speed	Sandoz/Clariant
	4	26/12	Steady run	Cookridge
January 2008	1	02/01	Steady run	Bramley
	2	09/01	Time trial No. 3	Leeds TASC
	3	16/01	Steady run	Apperley Bridge
	4	23/01	Speed/hill	Cookridge
	5	30/01	Steady run	Calverley
February 2008	1	06/02	Time trial No. 4	Leeds TASC
	2	13/02	Steady run	Adel
	3	20/02	Speed	Fartlek
	4	27/02	Steady run	Headingley
March 2008	1	05/03	Steady run	Tour O' Horsforth
	2	12/03	Steady run	Yeadon
	3	19/03	Special session	Farlek/Street O
	4	26/03	Speed/hill	Rawdon
April 2008	1	02/04	Steady run	Cookridge
	2	09/04	Steady run	Horsforth boundary?