# AMENDED TRAINING PLAN FOR CHRISTMAS & NEW YEAR

| | Date | Task |
|---|---|---|
| | | |
| | | |
| | Thurs 24th | Track cancelled. Sunnydale closes at 16:30 |
| | | |
| | Mon 28th | Annual Bay Horse run is now on the Monday. Meet in the car park Bay Horse Middridge 2pm. This is one for the whole club 3 or 5 miles then off to the bar for a drink or two. Even if you're injured you can manage the bar part of this session. Hope to see everyone there. |
| | | |
| | Tues 29th | Hall session on as usual. Then 10/15 x 1min with 1 min recovery on the trading estate. Fast runners jog back to keep everyone together. |
| | | |
| | Thurs 31st | Track cancelled. Sunnydale closes at 16:30 |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |