

## RRC Running schedule 26.3.18 to 13.5.18

	Mon	Tue <b>Meet 7.15 for 7.30 start</b>	Wed	Thur <b>Meet 7.15 for 7.30 start</b>	Fri	Sat	Sun
26.3.18		Eastwood Hall Partner Sprint repeats ****		Priory Park "loops" Meet Back Lane car park 3 coached distances: 3.4/4.75 & 6.1		3m Park Run @ 9am	
2.4.18		HBC Rochford Negative Split  3 Distances: 3.5/4.2 & 5.6		Ocean Beach 5k Time Trial		3m Park Run @ 9am	
9.4.18		HBC Downhill repeats		Airport loops Meet St Lawrence Park 3 coached distances: 3.1/4.75 & 6.5 Uncoached 4 miles		RRC Hockley Park Run Takeover!! 3m Park Run @ 9am	Brighton Marathon
16.4.18		Eastwood Hall Run night  Out & Back towards Rayleigh 3 distances 3/ 4.5 & 6 miles		Circuits – King Edmund School Core/Strength/Agility		3m Park Run @ 9am	London Marathon
23.4.18		Eastwood Hall  Bus Stop Intervals  Lactate/Aerobic		Plumberow Mount xc Meet Hockley Woods car park 3 distances: 3.2/4 & 5.5 miles		3m Park Run @ 9am	
30.4.18		***New Route*** Prittle Brook Greenway 3 distances		Somerset Ave 1K repeats Lactate/aerobic 4 – 9 2 mins recovery		3m Park Run @ 9am	
7.5.18		Meet Ashingdon Rec Hockley Loop 3/ 4.5 & 6.2 miles		Eastwood Track		3m Park Run @ 9am	<b>ROCHFORD 10K</b>