




















TRAINING GRID MAY 2022							Weekend Event
MONDAY 02-May			THURSDAY 05-May			FRIDAY 06-May	
							
	Bank Holiday		In The Zone			5 2 10	Ox Weekend
MONDAY 09-May			THURSDAY 12-May			FRIDAY 13-May	
							
Track		Tired Toes	In The Zone Steady				
MONDAY 16-May			THURSDAY 19-May			FRIDAY 20-May	
							
In The Zone Hilly		Tired Toes	DASH	Improvers		5 2 10	
MONDAY 23-May			THURSDAY 26-May			FRIDAY 27-May	
							
In the Zone Easy		Tired Toes		Open Evening at Up and Running		5 2 10	
MONDAY 30-May			THURSDAY 02-Jun			FRIDAY 03-Jun	
							
DASH	Improvers	Tired Toes		Bank Holiday		5 2 10	

TRAINING GRID JUNE 2022							Weekend Event
MONDAY 06-Jun			THURSDAY 09-Jun			FRIDAY 10-Jun	
							
Track		Tired Toes		Beach BBQ			
MONDAY 13-Jun			THURSDAY 16-Jun			FRIDAY 17-Jun	
							
Improvers	DASH	Tired Toes	In The Zone			5 2 10	
MONDAY 20-Jun			THURSDAY 23-Jun			FRIDAY 24-Jun	
							
In The Zone		Tired Toes	Improvers	DASH		5 2 10	
MONDAY 27-Jun			THURSDAY 30-Jun			FRIDAY 01-Jul	
							
In The Zone		Tired Toes	DASH			5 2 10	

TRAINING GRID JULY 2022

Weekend Event

MONDAY 04-Jul						THURSDAY 07-Jul			FRIDAY 08-Jul	Weekend Event
										
Track		Tired Toes	In The Zone					5 2 10		
MONDAY 11-Jul						THURSDAY 14-Jul			FRIDAY 15-Jul	
										
Improvers	DASH	Tired Toes	In the Zone					5 2 10		
MONDAY 18-Jul						THURSDAY 21-Jul			FRIDAY 22-Jul	
										
In The Zone		Tired Toes				PARTY		5 2 10		
MONDAY 25-Jul						THURSDAY 28-Jul			FRIDAY 29-Jul	
										
In The Zone		Tired Toes	Improvers	DASH				5 2 10		