

TRAINING GRID OCTOBER 2023

MONDAY 02-Oct		THURSDAY 05-Oct	FRIDAY 06-Oct
Track Carmel/Ann		In the Zone Suzy	5 2 10 No session
MONDAY 09-Oct		THURSDAY 12-Oct	FRIDAY 13-Oct
Improvers	DASH Henri	In the Zone	5 2 10 Pat
MONDAY 16-Oct		THURSDAY 19-Oct	FRIDAY 20-Oct
In the Zone Debbie		DASH Carmel	5 2 10 Pat
MONDAY 23-Oct		THURSDAY 26-Oct	FRIDAY 27-Oct
In the Zone Henri		Improvers Ann	DASH Debbie
5 2 10 Pat			
MONDAY 30-Oct		THURSDAY 02-Nov	FRIDAY 03-Nov
DASH Suzy		In The Zone	
5 2 10 Pat			

TRAINING GRID NOVEMBER 2023

MONDAY 06-Nov		THURSDAY 09-Nov	FRIDAY 10-Nov
Track Henri		In the Zone Carmel	5 2 10 Pat
MONDAY 13-Nov		THURSDAY 16-Nov	FRIDAY 17-Nov
Improvers Ann	DASH Suzy	B10K Debbie	5 2 10 Pat
MONDAY 20-Nov		THURSDAY 23-Nov	FRIDAY 24-Nov
B10K Henri		DASH Suzy	5 2 10 Pat
MONDAY 27-Nov		THURSDAY 30-Nov	FRIDAY 01-Dec

In the Zone Suzy	Improvers Ann DASH Carmel	5 2 10 Pat

**Weekend
Event**



Gold Hill 10K



New Forest Half



Stickler



**Weekend
Event**



Wimborne 10



Boscombe 10K



