

**East Cornwall Harriers Training Schedule**

Tuesday 01 Mar	6.30 Lux Park - Fartlek session by Chris at Liskeard Bus Pk - Juniors Woodgate Rd led by Mark/Tess 5 - 6 Mile Run led by Rob	
Wednesday 02 Mar	6.30pm Lux Park Beginners/Novice Social group led by Karen	
Thursday 03 Mar	6.30pm Meet St Cleer Car Park for run led by Chris (8 miles) and Tess (5 miles)	
Friday 04 Mar		Primary Schools X Country Liskeard
Saturday 05 Mar	8am Marks social run on the moor. Meet Minions Car Park 10am Brickfields Forum Coached Track session	5 K Park Series at Lanhydrock
Sunday 06 Mar	8am Lux Park 13 miles at Half Marathon Pace	Bideford Half Marathon
Monday 07 Mar	4-5 Juniors Training Session Lux Park	
Tuesday 08 Mar	6.30pm Lux Park Miller Bus Park Hill reps led by Terry - Juniors Liskeard school led by Chris/Karen 5 - 6 Mile Run led by Rob	
Wednesday 09 Mar	6.30pm Lux Park Beginners/Novice Social group led by Karen	Armada Winter 3 K series
Thursday 10 Mar	6.30pm Lux Park Pace 8miles led by Chris - Inter 8 miles led by Mark - Social 8 miles led by Rob 5miles led by Karen	
Friday 11 Mar		
Saturday 12 Mar	8am Marks social run on the moor. Meet Minions Car Park 10am Brickfields Forum Coached Track session	5 K Park Series at Lanhydrock
Sunday 13 Mar	8am Lux Park 21 miles	Grizzly
Monday 14 Mar	4-5 Juniors Training Session Lux Park	
Tuesday 15 Mar	6.30pm Lux Park Adults Woodgate Rd led by Revis - Juniors Liskeard Business Park led by Paul/Tess 5 - 6 Mile Run led by Rob 8pm Committee Meeting	
Wednesday 16 Mar	6.30pm Lux Park Beginners/Novice Social group led by Karen	
Thursday 17 Mar	6.30pm Lux Park 5 mile run prior to AGM. Led by Paul/Tess 8pm AGM with Refreshments	X Country Championships at Newquay
Friday 18 Mar		
Saturday 19 Mar	8am Marks social run on the moor. Meet Minions Car Park 10am Brickfields Forum Coached Track session	5 K Park Series at Lanhydrock
Sunday 20 Mar	8am Lux Park 22 miles	Westward League at Redruth
Monday 21 Mar	4-5 Juniors Training Session Lux Park	
Tuesday 22 Mar	6.30pm Lux Park Lake Lane Alt hills led by Lou - Juniors Miller Business Park led by Revis 5 - 6 Mile Run led by Tess 8pm Coaches Meeting	
Wednesday 23 Mar	6.30pm Lux Park Beginners/Novice Social group led by Karen	
Thursday 24 Mar	6.30pm Lux Park Pace 8miles led by Paul - Inter 8 miles led by Glenn - Social 8 miles led by Rob 5 Miles led by Ray	X Country Presentation at The Ivy
Friday 25 Mar		
Saturday 26 Mar	8am Marks social run on the moor. Meet Minions Car Park 10am Brickfields Forum Coached Track session	5 K Park Series at Lanhydrock
Sunday 27 Mar	8am Lux Park 23 miles	
Monday 28 Mar	<b>EASTER - NO JUNIORS SESSION</b>	
Tuesday 29 Mar	6.30pm Lux Park Timed Pyramid on cricket field by Paul 5 - 6 Mile Run led by Simon	
Wednesday 30 Mar		
Thursday 31 Mar	6.30pm Lux Park Pace 8miles led by Paul - Inter 8 miles led by Chris - Social 8 miles led by Simon 5 miles led by Tess	

**Our club AGM is being held on Thursday 17<sup>th</sup> of March and is your chance to have your say and influence the club you are part of. The meeting will start promptly at 8pm with refreshments provided.**

**Remember to bring your hi-vis and torch to all sessions during our winter training.**