

Aurora Harriers Training Schedule: 07/03/11 - 20/06/11

w/c Monday:	Tuesday:	Thursday:	Sunday:
07/03/11	Pyramid Session Post House	Easy Run Butchers Arms	
14/03/11	Steady Run White Hills	Hill Reps X 5 (two sets) Castle View	
21/03/11	Fartlek Session Post House	Steady Run Bullion Lane	
28/03/11	Steady Run Impromptu	Beamish	
04/04/11	Paulauf Session New Road	Beamish	
11/04/11	Handicap Rickleton Village	Beamish	
18/04/11	Steady Run Impromptu	Beamish	
25/04/11	Easy Run White Hills	Beamish	
02/05/11	Steady Run with Intervals King Coal - C2C	Beamish	
09/05/11	Paulauf Session New Road	Beamish	
16/05/11	Steady Run Impromptu	Beamish	
23/05/11	Pyramid Session C2C path / Washington	Beamish	
30/05/11	Handicap Rickleton Village	Beamish	
06/06/11	Steady Run with Intervals King Coal - C2C (Blaydon Race)	Beamish	
13/06/11	Steady Run Impromptu	Beamish	
20/06/11	Fartlek Session Post House	Beamish	