

Date	Session	Meet Up location	Notes
27-Mar	Pike race practice	Rivington High School	
3-Apr	Figure of 8s	<a href="#">Lower Barn</a>	
10-Apr	Pike race practice	Rivington High School	
17-Apr	"Doug's" Res	<a href="#">Lower Barn</a>	
24-Apr	Noon Hill "V for vendetta"	<a href="#">Upper Barn</a>	
1-May	Lead Mine Cloughs "Pendulum"	<a href="#">Lower Barn</a>	
8-May	Two lads tempo	<a href="#">Curley's</a>	
15-May	Winter hill scar	<a href="#">Upper Barn</a>	
22-May	Seven Arches	<a href="#">Lower Barn</a>	Coronation trail race the day before
29-May	Figure of 8s	<a href="#">Lower Barn</a>	Stanhill race in RTM is the day before
5-Jun	Two lads tempo	<a href="#">Curley's</a>	Leo Pollard race that evening
12-Jun	Two Lads Fell race (no session)		Part of the run the moors series
19-Jun	Lead Mine Cloughs "Pendulum"	<a href="#">Lower Barn</a>	
26-Jun	Seven Arches	<a href="#">Lower Barn</a>	
3-Jul	"Doug's" Res	<a href="#">Lower Barn</a>	
10-Jul	Noon Hill "V for vendetta"	<a href="#">Upper Barn</a>	
17-Jul	Figure of 8s	<a href="#">Lower Barn</a>	
24-Jul	Two lads tempo	<a href="#">Curley's</a>	
31-Jul	Winter hill scar	<a href="#">Upper Barn</a>	
7-Aug	Lead Mine Cloughs "Pendulum"	<a href="#">Lower Barn</a>	
14-Aug	Seven Arches	<a href="#">Lower Barn</a>	
21-Aug			Golf Ball race in RTM is the day before
28-Aug	"Doug's" Res	<a href="#">Lower Barn</a>	
4-Sep	Noon Hill "V for vendetta"	<a href="#">Upper Barn</a>	
11-Sep	Figure of 8s	<a href="#">Lower Barn</a>	
18-Sep	Two lads tempo	<a href="#">Curley's</a>	
25-Sep	Winter hill scar	<a href="#">Upper Barn</a>	
Sessions	Meet Up location	Description	
Lead Mine Cloughs "Pendulum"	Lower Barn	Warm up run alongside the reservoirs to Lead Mine Cloughs followed by a pendulum effort - 5/6 times on each side	
Seven Arches	Lower Barn	Warm up to the base of the seven arches followed by 6 efforts to the 7 arches. Followed by 3 efforts on the hill that led us there	
"Doug's" Res	Lower Barn	Warm up to the end of Yarrow Res before doing a pyramid session of 3,2,1 1-1-1 on the steep side of the reservoir. Wear insect repellent!!!	
Figure of 8s	Lower Barn	A run to the side of Yarrow reservoir followed by 25 minutes of constant effort doing figure of 8s on the side of the res	
Pike race practice	Rivington High School	Trot by the side of the school with a bit of a loop near the rocky road for a warmup. Then Bend to the cattle grid x 4, bottom field of pike race x 4 followed by top field x 3	
Noon Hill "V for vendetta"	Upper Barn	Gentle run up to the base of noon hill followed by roughly 4 efforts of the V possible run along to Winter Hill Scar and descend on old winter hill race route	
Two lads tempo	Curley's	2 x loop of up Two lads from cafe, down the way the race comes up - continuous effort. Good for gauging effort up and down hill on race day.	
Winter hill scar	Upper Barn	1.5 mile warm up to the base of winter hill scar. 4 efforts to the top. Long downhill practice afterwards following stream	