

## Wednesday Training Sessions - Winter 2019

Week	Date	Town	Meet	Type	Circuit / Session
1	09-Jan	Whaley Bridge	Canal Car Park	Hill Reps	Memorial Park Session
2	16-Jan	Chapel	Park Entrance, Rowton Grange Road	Reps	Train Station
3	23-Jan	New Mills	Leisure centre	Hills / Reps	Disley / Canal / Tors
4	30-Jan	Whaley Bridge	Canal Car Park	Hill Reps	Shallcross Incline Pyramid
5	06-Feb	Whaley Bridge	Canal Car Park	Reps	Football Pitch Mayhem!
6	13-Feb	New Mills	Leisure centre	Speed / Hills	Sett Valley / Highgate / Sitch Lane
7	20-Feb	Whaley Bridge	Canal Car Park	Reps	Shallcross Avenue Reps
8	27-Feb	Chapel	Park Entrance, Rowton Grange Road	Hills	Seven Hills ("The Wanted")
9	06-Mar	Disley	Train Station	Hills	The 'Winter Round'
10	13-Mar	Whaley Bridge	Long Hill Layby	Hills / Speed	Fernilee
11	20-Mar	New Mills	Leisure centre	Hills	5 Lanes
12	27-Mar	Whaley Bridge	Canal Car Park	Hills	The Dam Wall Reps
13	03-Apr	Glossop	TBC	Fell	Herod Farm Recce
14	10-Apr	Buxton(ish)	TBC	Trail	Trail Run