

Bracknell Forest Runners
Winter and Spring Training 2017

Goup 10-10.30 Training Group

Group C: Training Pace 10-10.30 minutes per mile

Led by: Alan Bent

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Home no.: 01344 224586 - NO FACEBOOK CONTACT

Times and locations can alter to suit

Day	Date	Miles	Start	
Sun	08.01.17	10	9.00	Longhill car park
Sat	14.01.17	12	9.00	Meet South Hill Park
Sun	15.01.17	6	11.00	B.FX country Lightwater
Frid	20.01.17	13	6.00pm	Sports Centre car park
Sun	22.01.17	6	11.00	Tadley
Frid	27.01.17	11.00	6.00pm	Sports Centre car park
Sun	29.01.17	6	11.00	Metro X country
Frid	3.02.17	13	6.00	Sports Centre
Sun	05.02.17	6	11.00	Cross country TVT
Sun	12.02.17	13.1	9.00	Wokingham half marathon
Sun	19.02.17	15	8.30	Longhill car park
Sun	26.02.17	16	8.30	Lookout
Sun	5.03.17	17	8.30	Lookout
Sun	12.03.17	20	8.30	Longhill car park
Sun	19.03.17	18	8.30	Watersplash Lane Windsor Grt Park Ascot Gate
Sun	26.03.17	21/15	9.00	Cranleigh
Sun	2.04.17	18	8.30	Lookout
Sun	09.04.17	15	8.30	Longhill Road car park
Frid	14.04.17	10	9.00	Maidenhead 10
Sun	16.04.17	10	9.30	Lookout
Sun	23.04.17	26.2		London Marathon

