

## East Cornwall Harriers Training Schedule

**IMPORTANT COVID INFORMATION: DO NOT ATTEND IF YOU HAVE ANY SYMPTOMS OF COVID.**

Monday 01 Nov	***NEW** Social Recovery Run Lux Park @ 6.00pm - Meet Lower Car Park - Leader Sarah
Tuesday 02 Nov	Adults & Juniors Social Intervals Session from Lux Park Lower Car Park @ 6.30pm. <b>Minors Way Long (Adults) Short (Juniors)</b> - Leader Mark/Revis 5-6 Mile Social Run from Lux Lower Car Park @ 6.30pm. Main Leader Tess
Wednesday 03 Nov	Jog, JogWalk & Run Social Groups from Lux Lower Car Park @ 6.30pm. Leaders Lucy, Ray, Sarah, Jon
Thursday 04 Nov	5-6 Mile Social Run from Lux Lower Car Park @ 6.30pm. Main Leader Chris
Friday 05 Nov	
Saturday 06 Nov	5-6 Mile Social Run from Hurlers Car Park Minions @ 8am - All Welcome - Main Leader Mark
Sunday 07 Nov	
Monday 08 Nov	***NEW** Social Recovery Run Lux Park @ 6.00pm - Meet Lower Car Park - Leader Lucy
Tuesday 09 Nov	Adults & Juniors Social Intervals Session from Lux Park Lower Car Park @ 6.30pm. <b>Varley Lane</b> - Leader Lou/Mark 5-6 Mile Social Run from Lux Lower Car Park @ 6.30pm. Main Leader Rob
Wednesday 10 Nov	Jog, JogWalk & Run Social Groups from Lux Lower Car Park @ 6.30pm. Leaders Sarah, Ray, Lucy, Jon
Thursday 11 Nov	5-6 Mile Social Run from Lux Lower Car Park @ 6.30pm. Main Leader Craig
Friday 12 Nov	<b>Schools XC Race 2 - Bake Lake</b>
Saturday 13 Nov	<b>5-6 Mile Social Run from Talland Bay @ 8am - All Welcome - Main Leader Mark</b>
Sunday 14 Nov	<b>Cornish Marathon Support Run - Join those doing the virtual Cornish along the route. Starting 8am from The Millenium Centre Pensilva</b>
Monday 15 Nov	***NEW** Social Recovery Run Lux Park @ 6.00pm - Meet Lower Car Park - Leader Ray
Tuesday 16 Nov	Adults & Juniors Social Intervals Session from Lux Park Lower Car Park @ 6.30pm. <b>Liskeard Business Park</b> - Leader Revis/Mark 5-6 Mile Social Run from Lux Lower Car Park @ 6.30pm. Main Leader Tess
Wednesday 17 Nov	Jog, JogWalk & Run Social Groups from Lux Lower Car Park @ 6.30pm. Leaders Lucy, Judy, Rob, Jon
Thursday 18 Nov	5-6 Mile Social Run from Lux Lower Car Park @ 6.30pm. Main Leader Revis
Friday 19 Nov	
Saturday 20 Nov	5-6 Mile Social Run from Hurlers Car Park Minions @ 8am - All Welcome - Main Leader Mark
Sunday 21 Nov	<b>Cotehele Woods Multi Terrain Run approx 9 miles. All Welcome - Meet outside St Dominic School 8.30am, breakfast after. Names to Revis.</b>
Monday 22 Nov	***NEW** Social Recovery Run Lux Park @ 6.00pm - Meet Lower Car Park - Leader Mark
Tuesday 23 Nov	Adults & Juniors Social Intervals Session from Lux Park Lower Car Park @ 6.30pm. <b>Station Road</b> - Leader Mark/Tess 5-6 Mile Social Run from Lux Lower Car Park @ 6.30pm. Main Leader Craig
Wednesday 24 Nov	Jog, JogWalk & Run Social Groups from Lux Lower Car Park @ 6.30pm. Leaders Judy, Lucy, Rob, Jon
Thursday 25 Nov	<b>Siblyback Social Run from Golitha Falls Car Park @ 6.30pm. Main Leader Mark</b>
Friday 26 Nov	
Saturday 27 Nov	5-6 Mile Social Run from Hurlers Car Park Minions @ 8am - All Welcome - Main Leader Mark
Sunday 28 Nov	
Monday 29 Nov	***NEW** Social Recovery Run Lux Park @ 6.00pm - Meet Lower Car Park - Leader Sarah
Tuesday 30 Nov	Adults & Juniors Social Intervals Session from Lux Park Lower Car Park @ 6.30pm. <b>Gypsy Lane</b> - Leader Lou/Tess 5-6 Mile Social Run from Lux Lower Car Park @ 6.30pm. Main Leader Rob

### Winter Training Reminders

- Tuesday interval sessions are now out in the town.
- **Please remember to wear your hi viz jacket/clothing and not just for the run to the location, you need to wear it at the location as well, so please make sure if you plan to take your jacket off, your shirt or vest is also hi viz. Torches are also required for road runs in the evening.**
- Meet at Lux Park lower carpark before each session unless otherwise stated.
- **Juniors on a Tuesday** – When Tuesday night interval sessions are at junior safe risk assessed locations then it will be clearly stated above. Juniors must be at secondary school to attend these sessions and will be running to and from, and training with the adults at these locations.