

East Cornwall Harriers Training Schedule

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

Saturday 01 Jan	Brown Willy Run @ 11:00 AM - Jamaica Inn
Sunday 2 Jan	Sunday Long Run 8 - 10 Miles @ 8:00 AM Meet Lux Lower Car Park - Leader(s) Chris/Clive
Monday 3 Jan	Social Recovery Run Lux Park @ 6:00 PM Meet Lux Lower Car Park - Leader(s) Ray
Tuesday 4 Jan	Adults & Juniors Social Intervals Session @ 6:30 PM Meet Lux Lower Car Park - Limes Lane - Leader(s) Lou/Revis 5-6 Mile Social Run @ 6:30 PM Meet Lux Lower Car Park - Leader(s) Tess Committee Meeting TBC
Wednesday 5 Jan	Couch to 5K, Jog & Run Social Groups @ 6:30 PM Meet Lux Lower Car Park - Leader(s) Judy/Sarah/Rob/Jon
Thursday 6 Jan	6-7 Mile Run @ 6:30 PM Meet Lux Lower Car Park - Leader(s) Revis
Friday 7 Jan	
Saturday 8 Jan	5-6 Mile Social Run @ 8:00 AM Meet Hurlers Car Park - Minions - Leader(s) Mark
Sunday 9 Jan	Sunday Long Run 10 Miles @ 8:00 AM Meet Lux Lower Car Park - Leader(s) Chris/Clive Westward League - Westward Ho
Monday 10 Jan	Social Recovery Run Lux Park @ 6:00 PM Meet Lux Lower Car Park - Leader(s) Sarah
Tuesday 11 Jan	Adults & Juniors Intervals Session @ 6:30 PM Meet Lux Lower Car Park - Liskeard Business Park - Leader(s) Mark/Tess 5-6 Mile Run @ 6:30 PM Meet Lux Lower Car Park - Leader(s) Craig
Wednesday 12 Jan	Couch to 5K, Jog & Run Social Groups @ 6:30 PM Meet Lux Lower Car Park - Leader(s) Lucy/Judy/Ray/Jon
Thursday 13 Jan	6-7 Mile Run @ 6:30 PM Meet Lux Lower Car Park - Leader(s) Chris
Friday 14 Jan	Primary Schools XC - Cotehele
Saturday 15 Jan	5-6 Mile Social Run @ 8:00 AM Meet Hurlers Car Park - Minions - Leader(s) Mark
Sunday 16 Jan	Sunday Long Run 12 Miles @ 8:00 AM Meet Lux Lower Car Park - Leader(s) Chris/Clive
Monday 17 Jan	Social Recovery Run Lux Park @ 6:00 PM Meet Lux Lower Car Park - Leader(s) Amy
Tuesday 18 Jan	Adults & Juniors Intervals Session @ 6:30 PM Meet Lux Lower Car Park - Lake Lane - Leader(s) Revis/Mark 5-6 Mile Run @ 6:30 PM Meet Lux Lower Car Park - Leader(s) Clive
Wednesday 19 Jan	Couch to 5K, Jog & Run Social Groups @ 6:30 PM Meet Lux Lower Car Park - Leader(s) Sarah/Lucy/Rob/Jon
Thursday 20 Jan	6-7 Mile Run @ 6:30 PM Meet St Cleer Carpark - Leader(s) Clive
Friday 21 Jan	
Saturday 22 Jan	5-6 Mile Social Run @ 8:00 AM Meet Hurlers Car Park - Minions - Leader(s) Mark
Sunday 23 Jan	Stormforce
Monday 24 Jan	Social Recovery Run Lux Park @ 6:00 PM Meet Lux Lower Car Park - Leader(s) Lucy
Tuesday 25 Jan	Adults & Juniors Intervals Session @ 6:30 PM Meet Lux Lower Car Park - Rowan Lane - Leader(s) Lou/Mark 5-6 Mile Run @ 6:30 PM Meet Lux Lower Car Park - Leader(s) Tess
Wednesday 26 Jan	Couch to 5K, Jog & Run Social Groups @ 6:30 PM Meet Lux Lower Car Park - Leader(s) Judy/Ray/Lucy/Jon
Thursday 27 Jan	6-7 Mile Run @ 6:30 PM Meet Lux Lower Car Park - Leader(s) Chris
Friday 28 Jan	
Saturday 29 Jan	5-6 Mile Social Run @ 8:00 AM Meet Hurlers Car Park - Minions - Leader(s) Mark
Sunday 30 Jan	Sunday Long Run 14 Miles @ 8:00 AM Meet Lux Lower Car Park - Leader(s) Chris/Clive
Monday 31 Jan	Social Recovery Run Lux Park @ 6:00 PM Meet Lux Lower Car Park - Leader(s) Amy

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.