

## East Cornwall Harriers Training Schedule

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

Sunday	Sunday Long Run 10 Miles @ 8:00 AM Meet Lux Lower Car Park - Leader(s) Chris
01 May	<b>Trevornick</b>
Monday	Social Recovery Run Lux Park @ 6:00 PM Meet Lux Lower Car Park - Leader(s) Gail
2 May	C25k W1/Session 3 @ 6:00 PM Meet Lux Lower Car Park - Leader(s) Lucy/Sarah <b>Committee Meeting &amp; Web Training 6:30PM @ Rob Picks House</b>
Tuesday	Adults & Juniors Intervals Session on the TRACK @ 6:30 PM Meet Lux Lower Car Park - Leader(s) Lou
3 May	5-6 Mile Run @ 6:30 PM Meet Lux Lower Car Park - Leader(s) Craig
Wednesday	C25K,Jog/Walk, Jog & Run Social Groups @ 6:30 PM Meet Lux Lower Car Park - Leader(s) Lucy/Sarah/Judy/Ray/Gail/Jon
4 May	
Thursday	<b>6-7 Mile Run @ 6:30 PM Meet Highwayman Pub Car Park - Dobwalls - Leader(s) Tess</b>
5 May	
Friday	
6 May	
Saturday	<b>Marks Social Run at Deerpark @ 8:00 AM Meet Deer Park - Leader(s) Mark</b>
7 May	<b>Ivybridge 10K</b>
Sunday	Sunday Long Run 10 Miles @ 8:00 AM Meet Lux Lower Car Park - Leader(s) Clive
8 May	<b>Saltash Half Marathon</b>
Monday	Social Recovery Run Lux Park @ 6:00 PM Meet Lux Lower Car Park - Leader(s) Lucy
9 May	
Tuesday	<b>Adults &amp; Juniors Intervals Session KENYAN HILLS @ 6:30 PM Meet Foredown Car Park - Pensilva - Leader(s) Revis</b>
10 May	<b>5-6 Mile Run @ 6:30 PM Meet Foredown Car Park - Pensilva - Leader(s) Craig</b>
Wednesday	C25K,Jog/Walk, Jog & Run Social Groups @ 6:30 PM Meet Lux Lower Car Park - Leader(s) Judy/Lucy/Rob/Sarah/Gail/Jon
11 May	
Thursday	<b>6-7 Mile @ 6:30 PM Meet Lux Lower Car Park - Leader(s) Tess</b>
12 May	
Friday	Friday Morning Ladies Run @ 9:00 AM Meet Lux Lower Car Park - Leader(s) Gail
13 May	
Saturday	Marks Social Run on the Moor @ 8:00 AM Meet Hurlers Car Park - Minions - Leader(s) Mark
14 May	
Sunday	<b>Imerys Half &amp; Marathon</b>
15 May	
Monday	Social Recovery Run Lux Park @ 6:00 PM Meet Lux Lower Car Park - Leader(s) Ray
16 May	
Tuesday	Adults & Juniors Intervals Session on the TRACK @ 6:30 PM Meet Lux Lower Car Park - Leader(s) Mark
17 May	5-6 Mile Run @ 6:30 PM Meet Lux Lower Car Park - Leader(s) Clive
Wednesday	<b>C25K, Jog &amp; Run Social Groups @ 6:30 PM Meet Castle Motors - Leader(s) Lucy/Sarah/Gail/Ray/Jon</b>
18 May	
Thursday	6-7 Mile Run @ 6:30 PM Meet Lux Lower Car Park - Leader(s) Chris
19 May	
Friday	Friday Morning Ladies Run @ 9:00 AM Meet Lux Lower Car Park - Leader(s) Gail
20 May	
Saturday	Marks Social Run on the Moor @ 8:00 AM Meet Hurlers Car Park - Minions - Leader(s) Mark
21 May	
Sunday	<b>9 Mile Breakfast Run to Looe - Train back @ 8:00 AM Meet Liskeard Train Station - Names to Clive if you would like to run, everyone welcome - Leader(s) Clive</b>
22 May	
Monday	Social Recovery Run Lux Park @ 6:00 PM Meet Lux Lower Car Park - Leader(s) Amy
23 May	
Tuesday	Adults & Juniors Intervals Session on the TRACK @ 6:30 PM Meet Lux Lower Car Park - Leader(s) Revis
24 May	5-6 Mile Run @ 6:30 PM Meet Lux Lower Car Park - Leader(s) Tess
Wednesday	C25K, Jog/Walk, Jog & Run Social Groups @ 6:30 PM Meet Lux Lower Car Park - Leader(s) Lucy/Sarah/Judy/Gail/Rob/Jon
25 May	
Thursday	6-7 Mile Run @ 6:30 PM Meet Lux Lower Car Park - Leader(s) Mark
26 May	
Friday	Friday Morning Ladies Run @ 9:00 AM Meet Lux Lower Car Park - Leader(s) Gail
27 May	
Saturday	Marks Social Run on the Moor @ 8:00 AM Meet Hurlers Car Park - Minions - Leader(s) Mark
28 May	
Sunday	Sunday Long Run 12-13 Miles @ 8:00 AM Meet Lux Lower Car Park - Leader(s) Clive
29 May	
Monday	Social Recovery Run Lux Park @ 6:00 PM Meet Lux Lower Car Park - Leader(s) Sarah
30 May	
Tuesday	Adults & Juniors Intervals Session on the TRACK @ 6:30 PM Meet Lux Lower Car Park - Leader(s) Lou
31 May	5-6 Mile Run @ 6:30 PM Meet Lux Lower Car Park - Leader(s) Tess <b>Coaches Meeting 7:45 PM Lux Park</b>

### Summer Training Reminders

- Tuesday interval sessions will now be on the track with one session out in the town. For the town nights please remember to wear hi vis clothing.
- Meet at Lux Park lower carpark before each session unless otherwise stated.