

East Cornwall Harriers Training Schedule

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

Wednesday 01 Jun	C25K, Jog/Walk, Jog & Run Social Groups @ 6:30 PM Meet Lux Lower Car Park - Leader(s) Lucy/Judy/Sarah/Gail/Rob
Thursday 2 Jun	6-7 Mile Run @ 6:30 PM Meet Lux Lower Car Park - Leader(s) Chris
Friday 3 Jun	
Saturday 4 Jun	Marks Social Run on the Moor @ 8:00 AM Meet Hurlers Car Park - Minions - Leader(s) Mark C25k Extra Week 6 Session @ 9:30 AM Meet Siblyback Main Car Park - Leader(s) Lucy/Gail/Judy
Sunday 5 Jun	Sunday Long Run 10 Miles @ 8:00 AM Meet Lux Lower Car Park - Leader(s) Chris
Monday 6 Jun	Social Recovery Run Lux Park @ 6:00 PM Meet Lux Lower Car Park - Leader(s) Ray
Tuesday 7 Jun	Adults & Juniors Intervals Session on the TRACK @ 6:30 PM Meet Lux Lower Car Park - Leader(s) Lou 5-6 Mile Run @ 6:30 PM Meet Lux Lower Car Park - Leader(s) Craig Committee Meeting @ 7:45 PM
Wednesday 8 Jun	C25K, Jog/Walk, Jog & Run Social Groups @ 6:30 PM Meet Lux Lower Car Park - Leader(s) Lucy/Judy/Gail/Ray/Rob/Jon
Thursday 9 Jun	6-7 Mile Run @ 6:30 PM Meet Lux Lower Car Park - Leader(s) Mark
Friday 10 Jun	
Saturday 11 Jun	Marks Social Run on the Moor @ 8:00 AM Meet Talland Bay - Leader(s) Mark Dartmoor Discovery
Sunday 12 Jun	Sunday Long Run 10 Miles @ 8:00 AM Meet Lux Lower Car Park - Leader(s) Chris
Monday 13 Jun	Social Recovery Run Lux Park @ 6:00 PM Meet Lux Lower Car Park - Leader(s) Amy
Tuesday 14 Jun	Adults & Juniors Intervals Session on the TRACK @ 6:30 PM Meet Lux Lower Car Park - Leader(s) Mark 5-6 Mile Run @ 6:30 PM Meet Lux Lower Car Park - Leader(s) Tess
Wednesday 15 Jun	C25K, Jog/Walk, Jog & Run Social Groups @ 6:30 PM Meet Lux Lower Car Park - Leader(s) Judy/Lucy/Sarah/Ray/Gail/Jon Bude Lifeboat Run (MTRS)
Thursday 16 Jun	6-7 Mile Run @ 6:30 PM Meet Lux Lower Car Park - Leader(s) Craig
Friday 17 Jun	
Saturday 18 Jun	Marks Social Run on the Moor @ 8:00 AM Meet Hurlers Car Park - Minions - Leader(s) Mark Sticker (GP)
Sunday 19 Jun	Sunday Long Run 10 Miles @ 8:00 AM Meet Lux Lower Car Park - Leader(s) Clive Plymouth 5k, 10k, Half Marathon
Monday 20 Jun	Social Recovery Run Lux Park @ 6:00 PM Meet Lux Lower Car Park - Leader(s) Lucy
Tuesday 21 Jun	Adults & Juniors Intervals Session on the TRACK @ 6:30 PM Meet Lux Lower Car Park - Leader(s) Lou 5-6 Mile Run @ 6:30 PM Meet Lux Lower Car Park - Leader(s) Clive Coaches Meeting 7:45pm Lux Park
Wednesday 22 Jun	C25K, Jog/Walk, Jog & Run Social Groups @ 6:30 PM Meet Lux Lower Car Park - Leader(s) Judy/Lucy/Sarah/Ray/Gail/Jon Meet Your Max (MTRS)
Thursday 23 Jun	6-7 Mile Run @ 6:30 PM Meet Lux Lower Car Park - Leader(s) Chris
Friday 24 Jun	
Saturday 25 Jun	Marks Social Run on the Moor @ 8:00 AM Meet Hurlers Car Park - Minions - Leader(s) Clive
Sunday 26 Jun	Sunday Long Run 13 Miles @ 8:00 AM Meet Lux Lower Car Park - Leader(s) Clive Torbay Half
Monday 27 Jun	Social Recovery Run Lux Park @ 6:00 PM Meet Lux Lower Car Park - Leader(s) Gail
Tuesday 28 Jun	Adults & Juniors Intervals Session on the TRACK @ 6:30 PM Meet Lux Lower Car Park - Leader(s) TBC 5-6 Mile Run @ 6:30 PM Meet Lux Lower Car Park - Leader(s) Tess Boconnoc 5 (MTRS)
Wednesday 29 Jun	C25K, Jog/Walk, Jog & Run Social Groups @ 6:30 PM Meet Siblyback Main Car Park - Final C25k Run & Celebration - All Welcome - Leader(s) Jon/Gail/Lucy/Sarah/Judy
Thursday 30 Jun	Mid Summer Run & Social @ 6:30 PM Meet Wheal Tor - Run & drinks/food after. 5 - 6 miles, with some off road. - Leader(s) Craig

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.