



BODMIN ROAD RUNNERS
Leader's/Training Rota September 2019

DATE	Coach	SESSION/RACE
Sunday 1 st		Treggy 7 Launceston. GP 12. 10.00.
Tuesday 3 rd	Ian Ringer	<i>PROGRESS to PERFECTION Week 5</i> Strength and Conditioning Meet Morrison's 7.00
Thursday 5 th		Club run: Clarkenwater/East Wood Camel Trail. Meet Scarlett's Well 7.00
Sunday 8 th		Bude Pirate Run. MTRS 2 10.30
Tuesday 10 th	Becky Bateman	<i>PROGRESS to PERFECTION Week 6</i> Hills <i>The Seven Summer Hills of Hell</i>
Thursday 12 th		Club run: Respryn/Lostwithiel Meet Respryn car park
Sunday 15 th		Truro Half Marathon
Tuesday 17 th	Ian Ringer	<i>PROGRESS to PERFECTION Week 7</i> Speed work Meet Scarlett's Well 7.00
Thursday 19 th		Cardinham. Meet main car park 7.00
Saturday 21 st		Lanhydrock 10. MTRS 3. 3.30pm

Tuesday 24th

Annie Page

PROGRESS to PERFECTION Week 8 Strength and Conditioning

Thursday 26th

Lanhydrock. Main car park. 7.00

Sunday 29th

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