

# FEBRUARY 2019

<b>Tue 5 Feb</b>  <b><u>Speed session:</u></b> 4 x200m; 5x1k; 4x200m	<b>Wed 6 Feb</b>  <b>Monthly Mile</b> at South Shields	<b>Thu 7 Feb</b>  7-8 miles <i>optional 2 x 15min</i> <i>at threshold</i>	<b>Sat 9 Feb</b>  <b>NEHL XC #5</b> <b>Thornley Hall Farm</b>	<b>Sun 10 Feb</b>
<b>Tue 12 Feb</b>  <b><u>Hill session:</u></b> 6 x long hill reps <i>3mins e/w</i>	<b>Wed 13 Feb</b>	<b>Thu 14 Feb</b>  7-8 miles <i>optional 1 x 25min</i> <i>at threshold</i>	<b>Sat 16 Feb</b>  <b>Royal Signals Relays</b> <b>@Hetton-le-Hole</b>	<b>Sun 17 Feb</b>  <b>Run Nation</b> <b>Valentines 5k/10k</b>
<b>Tue 19 Feb</b>  <b><u>Speed session:</u></b> 6 x 1mile <i>on 2min recovery</i>	<b>Wed 20 Feb</b>	<b>Thu 21 Feb</b>  7-8 miles <i>optional 1 x 30min</i> <i>at threshold</i>	<b>Sat 23 Feb</b>  <b>National XC Champs</b> <b>Harewood House</b>	<b>Sun 24 Feb</b>
<b>Tue 26 Feb</b>  <b><u>Speed session:</u></b> 10 x 800m <i>on 90sec recovery</i>	<b>Wed 27 Feb</b>	<b>Thu 28 Feb</b>  7-8 miles <i>optional 1 x 30min</i> <i>at threshold</i>	<b>Sat 2 Mar</b>  <b>NEHL XC #6</b> <b>Alnwick Castle</b>	<b>Sun 3 Mar</b>