

# MARCH 2019

<p><b>Tue 5 Mar</b></p> <p>2 x 400m, 2 x 800m 2 x 1200m</p>	<p><b>Wed 6 Mar</b></p> <p>Monthly Mile at South Shields</p>	<p><b>Thu 7 Mar</b></p> <p>6-7 miles</p>	<p><b>Sat 9 Mar</b></p>	<p><b>Sun 10 Mar</b></p> <p>Brough Law Fell Race</p>
<p><b>Tue 12 Mar</b></p> <p><u>Speed session:</u> Mile reps @ TVTE</p>	<p><b>Wed 13 Mar</b></p>	<p><b>Thu 14 Mar</b></p> <p>7-8 miles</p>	<p><b>Sat 16 Mar</b></p>	<p><b>Sun 17 Mar</b></p> <p>Northumberland Half / Big 20</p>
<p><b>Tue 19 Mar</b></p> <p><u>Hill session:</u> 6 x long hill reps <i>3mins e/w</i></p>	<p><b>Wed 20 Mar</b></p>	<p><b>Thu 21 Mar</b></p> <p>7-8 miles</p>	<p><b>Sat 23 Mar</b></p>	<p><b>Sun 24 Mar</b></p>
<p><b>Tue 26 Mar</b></p> <p><u>Speed session:</u> 4 x 400m, 4 x 800m, 4 x 400m</p>	<p><b>Wed 27 Mar</b></p>	<p><b>Thu 28 Mar</b></p> <p>7-8 miles</p>	<p><b>Sat 30 Mar</b></p>	<p><b>Sun 31 Mar</b></p> <p>Temple Park 5k</p>

# APRIL 2019

<p><b>Tue 2 Apr</b></p> <p><u>Speed session:</u> Mile reps @ TVTE</p>	<p><b>Wed 3 Apr</b></p> <p>Monthly Mile at South Shields</p>	<p><b>Thu 4 Apr</b></p> <p>7-8 miles</p>	<p><b>Sat 6 Apr</b></p>	<p><b>Sun 7 Apr</b></p> <p>Manchester Mara / Blyth 10k</p>
<p><b>Tue 9 Apr</b></p> <p><u>Speed session:</u> 2 x 800m, 2 x 1k, 2 x</p>	<p><b>Wed 10 Apr</b></p>	<p><b>Thu 11 Apr</b></p>	<p><b>Sat 13 Apr</b></p> <p>Run Nation Cragside 10k</p>	<p><b>Sun 14 Apr</b></p> <p>Hartlepool Marina 5 / Sanddancer 10k</p>
<p><b>Tue 16 Apr</b></p> <p><u>Speed session:</u> 6 x 800m</p>	<p><b>Wed 17 Apr</b></p>	<p><b>Thu 18 Apr</b></p>	<p><b>Fri 19 Apr</b></p> <p>Good Friday Relays</p>	<p><b>Sun 21 Apr</b></p> <p>North Tyneside 10k</p>
<p><b>Tue 23 Apr</b></p> <p><u>Hill Session:</u> 6 x long hill reps <i>3mins e/w</i></p>	<p><b>Wed 24 Apr</b></p> <p>Neptune Relays</p>	<p><b>Thu 25 Apr</b></p>	<p><b>Sat 27 Apr</b></p>	<p><b>Sun 28 Apr</b></p> <p>London Mara / Terry O'Gara 5k</p>