

MAY 2019

Mon 29 Apr	Tue 30 Apr	Wed 1 May	Thu 2 May	Fri 3 May	Sat 4 May	Sun 5 May
	<u>Speed session:</u> 4 x 200m; 5k (30secs on/off); 4 x 200m	NEMAA Relays at Jarrow	7 miles			
Mon 6 May	Tue 7 May	Wed 8 May	Thu 9 May	Fri 10 May	Sat 11 May	Sun 12 May
	4 - 5 miles easy	Gordon Smith Relays	6 miles		Siglion Sunderland City 5k	Siglion Sunderland 10k / Half Marathon
Mon 13 May	Tue 14 May	Wed 15 May	Thu 16 May	Fri 17 May	Sat 18 May	Sun 19 May
	<u>Speed session:</u> 3x (4 x 300m) + 3x (2 x 200m)	Steelworks Relays/ Clive Cookson 10k	6-7 miles / Sunderland 5k @ Silkworth			Pier to Pier
Mon 20 May	Tue 21 May	Wed 22 May	Thu 23 May	Fri 24 May	Sat 25 May	Sun 26 May
	<u>Speed session:</u> 5 x 1k efforts	George Ogle 6 mile race	'Predict Your Time 5k' @ Watergate Park			
Mon 27 May	Tue 28 May	Wed 29 May	Thu 30 May	Fri 31 May	Sat 1 Jun	Sun 2 Jun
	<u>Hill Session:</u> Figure of H8	Vindolanda 10k	7 miles			Bamburgh 10k