

NOVEMBER 2019

Mon 4 Nov	Tue 5 Nov <u>Hill Session:</u> 6 x long hill reps	Wed 6 Nov South Shields Monthly Mile	Thu 7 Nov 6-7 miles	Fri 8 Nov	Sat 9 Nov	Sun 10 Nov Heaton Harriers Memorial 10k
Mon 11 Nov	Tue 12 Nov <u>Speed Session:</u> 5 x 1k	Wed 13 Nov	Thu 14 Nov 8 miles	Fri 15 Nov	Sat 16 Nov	Sun 17 Nov Brampton to Carlisle 10 mile race
Mon 18 Nov	Tue 19 Nov Hill Session: 6 miles (hilly route)	Wed 20 Nov	Thu 21 Nov 6-7 miles	Fri 22 Nov	Sat 23 Nov NEHL XC Aykley Heads	Sun 24 Nov Run Northumberland BIG 10
Mon 25 Nov	Tue 26 Nov <u>Speed Session:</u> 16 x 400m	Wed 27 Nov	Thu 28 Nov 8 miles	Fri 29 Nov	Sat 30 Nov Croft Circuit 5k	Sun 1 Dec Run Durham Dalton Park 10k / 60th Blyth Sands Race