

Sidmouth Running Club

February 2018 Training Diary

Mon	05/Feb		Monday Night Run	Volunteer	Sailing Club	07:00 PM	
Wed	07/Feb	Beginners	Club Night	Claire/John D/Terry	Sailing Club	07:00 PM	
		Improvers	Club Night	Tim	Sailing Club	07:00 PM	
		†Warm up	3	Club Night	Helen	Sailing Club	07:00 PM
			4 – 5	Club Night	Rob	Sailing Club	07:00 PM
			6	Club Night	Hamish †	Sailing Club	07:00 PM
		Intervals	Club Night	Ben	Sailing Club	07:00 PM	
Mon	12/Feb	Various	Monday Night Run	Volunteer	Sailing Club	07:00 PM	
Wed	14/Feb	Beginners	Club Night	Jo/John D/Terry	Sailing Club	07:00 PM	
		Improvers	Club Night	Tim	Sailing Club	07:00 PM	
		†Warm up	3	Club Night	Christine	Sailing Club	07:00 PM
			4 – 5	Club Night	David L	Sailing Club	07:00 PM
			6	Club Night	Nigel †	Sailing Club	07:00 PM
		Off-road (torches)	Club Night	Ben	Sailing Club	07:00 PM	
Mon	19/Feb	Various	Monday Night Run	Volunteer	Sailing Club	07:00 PM	
Wed	21/Feb	Beginners	Club Night	Jo/Helen/Terry	Sailing Club	07:00 PM	
		Improvers	Club Night	Tim	Sailing Club	07:00 PM	
		†Warm up	3	Club Night	Claire †	Sailing Club	07:00 PM
			4 – 5	Club Night	Rob	Sailing Club	07:00 PM
			6	Club Night	Kerry	Sailing Club	07:00 PM
		Intervals	Club Night	Ben	Sailing Club	07:00 PM	
Mon	26/Feb	Various	Monday Night Run	Volunteer	Sailing Club	07:00 PM	
Wed	28/Feb	Beginners	Club Night	Helen/Colin/Terry	Sailing Club	07:00 PM	
		Improvers	Club Night	Tim	Sailing Club	07:00 PM	
		†Warm up	3	Club Night	Jon B	Sailing Club	07:00 PM
			4 – 5	Club Night	John D †	Sailing Club	07:00 PM
			6	Club Night	Phil	Sailing Club	07:00 PM
		Intervals	Club Night	Ben	Sailing Club	07:00 PM	