

Sidmouth Running Club

March 2018 Training Diary

Mon	05/Mar	Beginners	Monday Night Run	Terry	Sailing Club	07:00 PM	
		Various	Monday Night Run	Volunteer	Sailing Club	07:00 PM	
Wed	07/Mar	Beginners	Club Night	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	Claire	Sailing Club	07:00 PM
			Intervals	Club Night	Ben & Justin	Sailing Club	07:00 PM
Mon	12/Mar	Beginners	Monday Night Run	Terry	Sailing Club	07:00 PM	
		Various	Monday Night Run	Volunteer	Sailing Club	07:00 PM	
Wed	14/Mar	Beginners	Club Night	Terry	Sailing Club	07:00 PM	
		Improvers	Club Night	Tim	Sailing Club	07:00 PM	
			3	Club Night	Christine	Sailing Club	07:00 PM
			4 – 5	Club Night	Tim C	Sailing Club	07:00 PM
		†Warm up	6	Club Night	Nigel †	Sailing Club	07:00 PM
			Off-road (torches)	Club Night	Ben	Sailing Club	07:00 PM
Mon	19/Mar	Beginners	Monday Night Run	Terry	Sailing Club	07:00 PM	
		Various	Monday Night Run	Volunteer	Sailing Club	07:00 PM	
Wed	21/Mar	Beginners	Club Night	Terry	Sailing Club	07:00 PM	
		†Warm up	3	Club Night	Colin †	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 & Justin	Sailing Club	07:00 PM
Mon	26/Mar	Beginners	Monday Night Run	Terry	Joney's Cross	07:00 PM	
		Various	Monday Night Run	John & Ben	Sailing Club	07:00 PM	
Wed	28/Mar	Beginners final 3 mile run	Club Night	Terry	Sailing Club	07:00 PM	
		†Warm up	3	Club Night	Jon B †	Sailing Club	07:00 PM
			4 – 5	Club Night	Hamish	Sailing Club	07:00 PM
			6	Club Night	Phil	Sailing Club	07:00 PM
			Intervals	Club Night	Justin	Sailing Club	07:00 PM