

feb.-19		February Training Diary			
Mon 4	4th	Beginners / Group run	Terry / Volunteer	Sailing Club	07:00 p.m.
Wed 6	6th	Beginners Group:	Jo / Kyle / Terry	Sailing Club	07:00 a.m.
		Beginners Group:	Colin / Hamish	Sailing Club	07:00 a.m.
		Improvers Group :	Tim M / Paul	Sailing Club	07:00 a.m.
		3 miles:	Helen	Sailing Club	07:00 p.m.
		4 – 5 miles :	Chris Day -Kerry	Sailing Club	07:00 p.m.
		6 miles steady:	Phil Welsford	Sailing Club	07:00 p.m.
		6 miles fast:	Ben	Sailing Club	07:00 p.m.
Mon 11	11th	Beginners / Group run	Terry / Volunteer	Sailing Club	07:00 p.m.
Wed 13	13th	Beginners Group:	Jo / Kyle / Terry	Sailing Club	07:00 p.m.
		Beginners Group:	Colin / Hamish	Sailing Club	07:00 a.m.
		Improvers Group :	Tim M / Paul	Sailing Club	07:00 a.m.
		3 miles:	TBC	Sailing Club	07:00 p.m.
		4 – 5 miles :	Claire	Sailing Club	07:00 p.m.
		6 miles steady:	Justin	Sailing Club	07:00 p.m.
		Off-road (torches/trail shoes)	Ben	Sailing Club	07:00 p.m.
Mon 18	18th	Beginners / Group run	Terry / Volunteer	Sailing Club	07:00 p.m.
Wed 20	20th	Beginners Group:	Jo / Kyle / Terry	Sailing Club	07:00 p.m.
		Beginners Group:	Colin / Hamish	Sailing Club	07:00 a.m.
		Improvers Group :	Tim M / Paul	Sailing Club	07:00 p.m.
		3 miles:	Martin Truman	Sailing Club	07:00 p.m.
		4 – 5 miles :	Dave L	Sailing Club	07:00 p.m.
		6 miles steady:	Rob	Sailing Club	07:00 p.m.
		6 miles fast:	Ben	Sailing Club	07:00 p.m.
Mon 25	25th	Beginners / Group run	Terry / Volunteer	Sailing Club	07:00 p.m.
Wed 27	27th	Beginners Group:	Jo / Kyle / Terry	Sailing Club	07:00 p.m.
		Beginners Group:	Colin / Hamish	Sailing Club	07:00 a.m.
		Improvers Group :	Tim M / Paul	Sailing Club	07:00 p.m.
		3 miles:	Helen	Sailing Club	07:00 p.m.
		4 – 5 miles :	Tim C	Sailing Club	07:00 p.m.
		6 miles steady:	Kerry	Sailing Club	07:00 p.m.
		6 miles fast:	Ben	Sailing Club	07:00 p.m.