

Summer Training Plan – May 1st to September 30th 2017

Day	Time	Meeting location	Leader	Session description
Monday Starting May 15th.	9:15am	Football pitches entrance, at Uni of Herts de Haviland Campus, just opposite Club de Haviland.	Enmma Knight	All welcome, varied distance between 3-5 miles, great start to the week!
Tuesday Fun Club	6 am	Hatfield Station steps (toilets available)	Sarah Badger	All welcome – out and back routes to suit all, bring lights! Confirm on facebook if you are attending.
Tuesday Starting May 9th.	9:15 am start	Hatfield Cycles, Hatfield	Carrie Hudson	All welcome, social run with distance to suit everyone and coffee and cake at the end!
Tuesday	6:30 pm	Hatfield Station Steps (toilets available)	Donna Staughton O'Toole	4 to 8 miles varied routes through Hatfield or Welwyn. Including hill training, interval and group runs. No one gets left behind.
Wednesday	6:30 pm	June 7th – July 12th September 13th – October 18th	Lisa and Denise	New to/Back to running 6 week courses as advertised.
Thursday Fun Club	6:00 am	Hatfield Station steps (toilets available)	Sarah Badger	All welcome – out and back routes with intervals to suit all. Confirm on facebook if you are attending.
Thursday Starting from May 11th.	6:30 pm	Hatfield Station steps (toilets available)	Paula Mummery	Suitable for those who wish to work towards and improve on a 5 km
Friday Starting May 19th.	7:15 pm	Hatfield Station steps (toilets available)	Andrea Halliwell, Sarah Bailey or Paula Mummery	This is an improvers group for those who have complete a new to running course and would like to develop themselves further. The group can be divided in two to accommodate all runners so is suitable for all.
Saturday	9 am (arrive 8:50)	Ellenbrook Fields (other parkruns are available!)	Free timed 5 k	parkrun, free timed 5 k, run or volunteer
Sunday	8 am	Hatfield Station steps (toilets available)	Various leaders	All welcome, social group run with pace, time and distance for everyone.

New to Running sessions starting on June 7th and September 13th 2017 with Denise and Lisa.

Ad-hoc group runs also take place in WGC so please contact Kim for details via joinus@ohladies.co.uk

Contact joinus@ohladies.co.uk for more information or to book your place.

During school holidays and on Bank holidays there may be some adjustment to sessions depending on leader availability so please check our facebook and twitter or email oh@ohladies.co.uk for details.

The next training plan will run from October 2017.