

Winter Training Plan – September 1st 2017 to March 25<sup>th</sup> 2018

Day	Time	Meeting location	Leader	Session description
<b>Monday</b>	9:15am	Football pitches entrance, at Uni of Herts de Haviland Campus, just opposite Club de Haviland.	Emma Knight	All welcome, varied distance, great start to the week!
<b>Tuesday</b>	6:00 am	Meet at Hatfield Station or Red Lion Traffic lights	Sarah Badger	All welcome – out and back routes to suit all, bring lights! Confirm on facebook if you are attending.
	6:30 pm	Hatfield Station Steps (toilets available)	Donna Staughton O'Toole	4 to 8 miles nice lit routes, Hatfield or Welwyn. For those who can run a 5k. No one gets left behind.
<b>Wednesday</b>	9:15 am	Hatfield House main gates (bring a Hatfield House pass if you have one but still come along if you don't have a pass – all welcome)	Carrie Hudson	Social, fun mixed session. Dogs welcome, occasional coffee and cake to follow.
	Evening FlexiRun, usually at 6:30 pm Various times to suit, check details on facebook or twitter	Hatfield Station steps (toilets available)	Paula Mummery	Suitable for those who can run 5 km and are looking to improve or move on from the back to/new to running group
<b>Thursday</b>	6:00 am	Hatfield Station or Red Lion Traffic lights	Sarah Badger	All welcome – out and back routes to suit all, bring lights! Confirm on facebook if you are attending.
<b>Friday</b>	Evening FlexiRun – various times please check facebook for details	Gosling, Forum, varies depending on routes	Andrea, Sarah Bailey, Paula, Carrie	Great for anyone wanting get ready for the weekend, unwind from work and get some miles in.
<b>Saturday</b>	9 am (arrive 8:50)	Ellenbrook Fields (other parkruns are available!)		parkrun, free timed 5 k, run or volunteer
<b>Sunday</b>	8 am	Hatfield Station steps (toilets available)	Various leaders	All welcome, social group run with pace, time and distance for everyone.

***New to Running session starting Sept 13<sup>th</sup> – look out for another one in the New Year.***

**The early morning and evening runs will require ALL runners to wear high viz clothing/high viz vest and lights.**

**The leader will not be able to take you out if you are not visible.**

Please ask if you need assistance.

The schedule is subject to change dependant on leaders, please check facebook for updates. If you would like to join please email [joinus@ohladies.co.uk](mailto:joinus@ohladies.co.uk) so we can expect and welcome you.

Thank you!