



## Training Schedule Spring 2020

Day	Morning	Evening
Monday	<b>9.30am - Monday Madness with Yvette/Shahinara</b> Suitable for all Meet at Hatfield Swim Centre (Free parking next to the pool)	
Tuesday	<b>6.00am – Early Morning Fun Club with Andrea &amp; Sarah(s)</b> 3 miles, intervals and variety Meet at the Red Lion Pub Traffic Lights Hatfield (Street parking opposite)	
Wednesday		<b>6.40pm - Midweek Mash Up with Nicola &amp; Kirsty &amp; Rachel</b> Fun, varied, interactive and challenging Meet at Club De Havilland (by the gym windows) Hatfield (Free parking at HSV after 6.30pm)
Thursday	<b>6.00am - Early Morning Fun Club with Andrea &amp; Sarah(s)</b> 3 miles, intervals and variety Meet at the Red Lion Pub Traffic Lights Hatfield (Street parking opposite)	
Friday	<b>9.30am - Friday Feel Good with Shahinara</b> Suitable for all Meet at the Alban Way, opposite the Galleria (Street parking nearby)	<b>7.30pm - Get Ready for the Weekend with Kirsty</b> Suitable for all Meet at Hatfield Train Station (Free parking behind Great Northern Pub)
Saturday	<b>9.00am - New to Running Super Saturday with Suz &amp; Carrie</b> <b>New to/Back to Running Group starting March 21<sup>st</sup> for 7 weeks</b> - please register in advance via <a href="mailto:joinus@ohladies.co.uk">joinus@ohladies.co.uk</a> Meet at car park opposite Bishops Hatfield Girls School on Woods Avenue Hatfield (Free parking)	
Sunday	<b>8.30am - Sunday Social with Carrie</b> 3 -10+ miles at various paces, suitable for all with a focus on social running and technique. Meet at Hatfield Train Station (Free parking behind Great Northern Pub) <b>9.00am - Sunday Strollers (most Sundays) with Ally</b> Suitable for walkers and talkers, confirm via Facebook Meet at Hatfield Train Station take tea/coffee en route (Free parking behind Great Northern Pub)	

If you have any questions or would like to try a session for free please email [joinus@ohladies.co.uk](mailto:joinus@ohladies.co.uk) or message on the public Old Hatfield Ladies Running Group Facebook page; [Old Hatfield Ladies Running Group](#)