

Rochdale Harriers & A.C.
Speedwork/Hill Reps/Fartlek/Track/XC Programme 2006
(Courtesy of Ray Dalby)

	Date	Day	Event	
October 2006	3rd	Tuesday	Fartlek session	
	5th	Thursday	Steady run	
	7th	Saturday	Red Rose - Blackburn	
	10th	Tuesday	Mile strides	
	12th	Thursday	Steady run	
	14th	Saturday	SEL - Leigh	
	17th	Tuesday	Track session	
	19th	Thursday	Tempo run	
	21st	Saturday	No race	
	24th	Tuesday	Sparth Bottoms	
	26th	Thursday	Steady run	
	28th	Saturday	Red Rose - Bury	
	31st	Tuesday	Fartlek session	
	November 2006	2nd	Thursday	Tempo run
		4th	Saturday	No race
7th		Tuesday	Mile strides	
9th		Thursday	Steady run	
11th		Saturday	SEL - Broadoak	
14th		Tuesday	Track session	
16th		Thursday	Tempo run	
18th		Saturday	Red Rose - Hyndburn	
21st 6		Tuesday	Fartlek session	
23rd		Thursday	Steady run	
25th		Saturday	SEL - Heaton Park	
28th		Tuesday	Mile strides	
30th	Thursday	Tempo run		
December 2006	2nd	Saturday	No race	
	5th	Tuesday	Track session	
	7th	Thursday	Steady run	
	9th	Saturday	Greater Manchester Champs	
	10th	Sunday	Calderdale Relay	
	12th	Tuesday	Sparth Bottoms	
	14th	Thursday	Steady run	
	16th	Saturday	Red Rose - Rossendale	