

Rochdale Harriers & A.C.
Speedwork/Hill Reps/Fartlek/Track/XC Programme 2007

Month	Date	Day	Event	
SEPTEMBER	11th	Tuesday	Sparth Bottoms	1
	13th	Thursday	Steady run	
	15th	Saturday	North West Counties Road Relays - Liverpool	
	18th	Tuesday	Mile strides	2
	20th	Thursday	Steady run	
	23rd	Sunday	Mountain race World Masters Athletic Championships - Mountain Running	
	25th	Tuesday	Track session	3
	27th	Thursday	Steady run	
	29th	Saturday	Northern Athletics Road Relays - Warrington	
OCTOBER	2nd	Tuesday	Fartlek session	4
	4th	Thursday	Steady run	
	6th	Saturday	Witton Park Blackburn - Red Rose	
	9th	Tuesday	Sparth Bottoms	1
	11th	Thursday	Tempo run	
	13th	Saturday	No race	
	16th	Tuesday	Mile strides	2
	18th	Thursday	Tempo run	
	20th	Saturday	No race	
	23rd	Tuesday	Track session	3
	25th	Thursday	Steady run	
	27th	Saturday	Lilford Park Leigh - SEL	
	30th	Tuesday	Fartlek session	4
NOVEMBER	1st	Thursday	Tempo run	
	3rd	Saturday	No race	
	6th	Tuesday	Sparth Bottoms	1
	8th	Thursday	Steady run	
	10th	Saturday	Heaton Park - SEL	
	13th	Tuesday	Mile strides	2
	15th	Thursday	Steady run	
	17th	Saturday	Chesham Fields Bury - Red Rose	
	20th	Tuesday	Track session	3
	22nd	Thursday	Tempo run	
	24th	Saturday	No race	
27th	Tuesday	Fartlek session	4	
29th	Thursday	Steady run		
DECEMBER	2nd	Sunday	Bolton or Hyndburn - Red Rose	
	4th	Tuesday	Sparth Bottoms	1
	6th	Thursday	Tempo run	
	8th	Saturday	No race	
	11th	Tuesday	Mile strides	2
	13th	Thursday	Steady run	
	15th	Saturday	Marl Pitts Rossendale - Red Rose	
	16th	Sunday	Greater Manchester Championships	
	18th	Tuesday	Track session	3
	20th	Thursday	Tempo run	
	22nd	Saturday	No race	
	25th	Tuesday	XMAS 20 miles before opening prezies	
	27th	Thursday	XMAS	
29th	Saturday	No race		
JANUARY	1st	Tuesday	Fartlek session	4
	3rd	Thursday	Tempo run	
	5th	Saturday	No race	
	8th	Tuesday	Sparth Bottoms	1
	10th	Thursday	Tempo run	
	12th	Saturday	No race	
	15th	Tuesday	Mile strides	2
	17th	Thursday	Steady run	
	19th	Saturday	Boggart Hole Clough Blackley - SEL	
	22nd	Tuesday	Track session	3
	24th	Thursday	Steady run	
	26th	Saturday	Northern Championships Roundhay Park Leeds	
	29th	Tuesday	Fartlek session	4
31st	Thursday	Tempo run		
FEBRUARY	23rd	Saturday	National - Alton Towers Stoke	