

Month	Day	Date	Session
February	<b>Tuesday</b>	05-Feb-08	Sparth Bottom Hill Reps X 8
	<b>Thursday</b>	07-Feb-08	Tempo Run 6 miles
	Saturday	09-Feb-08	16 miles/3000ft Hill Run
	Sunday	10-Feb-08	MU v City
	<b>Tuesday</b>	12-Feb-08	Mile Strides
	<b>Thursday</b>	14-Feb-08	Steady Run ~ 6 miles
	Saturday	16-Feb-08	Relay Race
	Sunday	17-Feb-08	16 mile/3000ft Three Peaks Recce
	<b>Tuesday</b>	19-Feb-08	Track Session
	<b>Thursday</b>	21-Feb-08	Steady Run
	Saturday	23-Feb-08	National XC Chamionships, Alton Towers
	Sunday	24-Feb-08	Steady Run
	<b>Tuesday</b>	26-Feb-08	Fartlek
	<b>Thursday</b>	28-Feb-08	Tempo Run 6 miles
March	Saturday	01-Mar-08	Fell GP -Noon Stones 9m/2300ft
	Sunday	02-Mar-08	14 mile/2300 ft mile Hill Run
	<b>Tuesday</b>	04-Mar-08	
	<b>Thursday</b>	06-Mar-08	Sparth Bottom Hill Reps X 8
	Saturday	08-Mar-08	
	Sunday	09-Mar-08	21.6 mile/3000ft hill run
	<b>Tuesday</b>	11-Mar-08	Mile Strides
	<b>Thursday</b>	13-Mar-08	
	Saturday	15-Mar-08	
	Sunday	16-Mar-08	20 mile hill run or Fell GP - Lads Leap (5.9m/1700ft)
	<b>Tuesday</b>	18-Mar-08	Fartlek
	<b>Thursday</b>	20-Mar-08	
	Saturday	22-Mar-08	12 mile Hill Run if doing 20 next week
	Sunday	23-Mar-08	Madrid
	<b>Tuesday</b>	25-Mar-08	Steady Run
	<b>Weds</b>	26-Mar-08	Vera Hurst 5K Littleborough
	<b>Thursday</b>	27-Mar-08	
Saturday	29-Mar-08	Possible 18-20 mile Hill Run if no Wilmslow tomorrow	
Sunday	30-Mar-08	MU v Villa 13:30 & Wilmslow Half Marathon	
April	<b>Tuesday</b>	01-Apr-08	Sparth Bottom Hill Reps X 8
	<b>Weds</b>	02-Apr-08	Brenda Robinson 5k, Littleborough
	<b>Thursday</b>	03-Apr-08	
	Saturday	05-Apr-08	
	Sunday	06-Apr-08	20 mile hill run - Last long run before 3P
	<b>Tuesday</b>	08-Apr-08	Mile Strides
	<b>Thursday</b>	10-Apr-08	
	Saturday	12-Apr-08	Taper 14 mile Hill Run
	Sunday	13-Apr-08	London Marathon MU v Arsenal
	<b>Tuesday</b>	15-Apr-08	Sparth Bottom Hill Reps X 8
	<b>Weds</b>	16-Apr-08	The Steve Rothwell Memorial Road Race,
	<b>Thursday</b>	17-Apr-08	
	Saturday	19-Apr-08	
	Sunday	20-Apr-08	Taper - 10 mile Hill Run
	<b>Tuesday</b>	22-Apr-08	Steady Run
	<b>Weds</b>	23-Apr-08	Colin Robinson 4.2 Miles Multi Terrain race from Red Lion Inn,
	<b>Thursday</b>	24-Apr-08	Few miles easy
	Saturday	26-Apr-08	Three Peaks Fell Race