

Rochdale Harriers & A.C.
Speedwork/Hill Reps/Fartlek/Track/XC Programme 2009/10

Month	Date	Day	Event	Session
SEPTEMBER	15/09/09	Tuesday	Sparth Bottoms	1
	17/09/09	Thursday	Tempo run	
	22/09/09	Tuesday	Fartlek session	2
	24/09/09	Thursday	Steady run	
	26/09/09	Saturday	C.C Heaton Park SEL	
	29/09/09	Tuesday	Track session	3
OCTOBER	01/10/09	Thursday	Steady run	
	03/10/09	Saturday	C.C Bury Red Rose	
	06/10/09	Tuesday	Mile strides	4
	08/10/09	Thursday	Tempo run	
	13/10/09	Tuesday	Sparth Bottoms	1
	15/10/09	Thursday	Tempo run	
	20/10/09	Tuesday	Fartlek session	2
	22/10/09	Thursday	Tempo run	
	27/10/09	Tuesday	Track session	3
	29/10/09	Thursday	Steady run	
31/10/09	Saturday	C.C Boggart Hole SEL		
NOVEMBER	03/11/09	Tuesday	Mile strides	4
	05/11/09	Thursday	Steady run	
	07/11/09	Saturday	C.C Witton Park Red Rose	
	10/11/09	Tuesday	Sparth Bottoms	1
	12/11/09	Thursday	Tempo run	
	17/11/09	Tuesday	Fartlek session	2
	19/11/09	Thursday	Steady run	
	21/11/09	Saturday	C.C Leverhulme Red Rose	
	24/11/09	Tuesday	Track session	3
	26/11/09	Thursday	Tempo run	
28/11/09	Saturday	C.C. Clayton Vale SEL		
DECEMBER	01/12/09	Tuesday	Mile strides	4
	03/12/09	Thursday	Steady run	
	06/12/09	SUNDAY	C.C Marl Pits Red Rose	
	08/12/09	Tuesday	Sparth Bottoms	1
	10/12/09	Thursday	Steady run	
	13/12/09	SUNDAY	Calderdale Relay	
	15/12/09	Tuesday	Fartlek session	2
	17/12/09	Thursday	Tempo run	
JANUARY	05/01/10	Tuesday	Track session	3
	07/01/10	Thursday	Steady run	
	09/01/10	Saturday	C.C. Stockport Greater Manchester Championships	
	12/01/10	Tuesday	Mile strides	4
	14/01/10	Thursday	Tempo run	

JANUARY

19/01/10	Tuesday	Sparth Bottoms	1
21/01/10	Thursday	Steady run	
23/01/10	Saturday	C.C. Blackburn North of England Championships	
26/01/10	Tuesday	Fartlek session	2
28/01/10	Thursday	Steady run	
31/01/10	SUNDAY	Mary Townley Loop	

FEBRUARY

02/02/10	Tuesday	Track session	3
04/02/10	Thursday	Steady run	
06/02/10	Saturday	C.C. Lilford Park SEL	4
09/02/10	Tuesday	Mile strides	
11/02/10	Thursday	Tempo run	1
16/02/10	Tuesday	Sparth Bottoms	
18/02/10	Thursday	Tempo run	
23/02/10	Tuesday	Fartlek session	2
25/02/10	Thursday	Steady run	
27/02/10	Saturday	C.C. Leeds National Championships	