

## Rochdale Harriers & A.C. Seniors Training Program, Winter 2010/11

Month	Day	Event	Sesh	
	16/09/10	Thursday	Sparth Bottoms	1
	21/09/10	Tuesday	Fartlek session	2
	23/09/10	Thursday	Mile strides	
	28/09/10	Tuesday	Track session	3
OCTOBER	30/09/10	Thursday	Steady run	
	02/10/10	<b>Saturday</b>	<b>Ravenstones Fell Race 10m/1200ft</b>	
	05/10/10	Tuesday	Tempo run	
	07/10/10	Thursday	Mile strides	4
	12/10/10	Tuesday	Sparth Bottoms	1
	14/10/10	Thursday	Fartlek session	2
	19/10/10	Tuesday	Tempo run	
	21/10/10	Thursday	Steady run	
	23/10/10	<b>Saturday</b>	<b>C.C Hyndburn (Wilson playing fields, A680) Red Rose</b>	
	26/10/10	Tuesday	Track session	3
	28/10/10	Thursday	Steady run	
	30/10/10	<b>Saturday</b>	<b>C.C Heaton Park SEL</b>	
NOVEMBER	02/11/10	Tuesday	Mile strides	4
	04/11/10	Thursday	Tempo run	
	09/11/10	Tuesday	Sparth Bottoms	1
	11/11/10	Thursday	Steady run	
	13/11/10	<b>Saturday</b>	<b>C.C. Clayton Vale SEL</b>	
	16/11/10	Tuesday	Fartlek session	2
	18/11/10	Thursday	Steady run	
	20/11/10	<b>Saturday</b>	<b>C.C Marl Pits Red Rose</b>	
	23/11/10	Tuesday	Track session	3
	25/11/10	Thursday	Tempo run	
30/11/10	Tuesday	Mile strides	4	
December	02/12/10	Thursday	Steady run	
	04/12/10	<b>Saturday</b>	<b>C.C Leverhulme ark, Bolton Red Rose</b>	
	07/12/10	Tuesday	Sparth Bottoms	1
	09/12/10	Thursday	Steady run	
	12/12/10	<b>SUNDAY</b>	<b>Calderdale Relay</b>	
	14/12/10	Tuesday	Fartlek session	2
	16/12/10	Thursday	Steady run	
	18/12/10	<b>Saturday</b>	<b>C.C Witton Park, Blackburn Red Rose</b>	
JANUARY	04/01/11	Tuesday	Track session	3
	06/01/11	Thursday	Steady run	
	08/01/11	<b>Saturday</b>	<b>C.C. G.M. Championships</b>	
	11/01/11	Tuesday	Mile strides	4
	13/01/11	Thursday	Steady run	
	15/01/11	<b>Saturday</b>	<b>C.C. Leigh Sports Village SEL</b>	
	18/01/11	Tuesday	Tempo run	
	20/01/11	Thursday	Sparth Bottoms	1
	25/01/11	Tuesday	Fartlek session	2
	27/01/11	Thursday	Steady run	
	29/01/11	<b>Saturday</b>	<b>C.C Northern Cross Country Champs, Sunderland</b>	
	30/01/11	<b>SUNDAY</b>	<b>Mary Townley Loop</b>	
FEBRUARY	01/02/11	Tuesday	Track session	3
	03/02/11	Thursday	Steady run	
	05/02/11	<b>Saturday</b>	<b>C.C. Boggart Hole Clough SEL</b>	
	08/02/11	Tuesday	Mile strides	4
	10/02/11	Thursday	Steady run	
	13/02/11	<b>Sunday</b>	<b>Winter Hill Fell Race (Hard)</b>	
	15/02/11	Tuesday	Tempo run	
	17/02/11	Thursday	Steady run	
	19/02/11	<b>Saturday</b>	<b>C.C. Nationals, Alton Towers</b>	
	22/02/11	Tuesday	Sparth Bottoms	1
	24/02/11	Thursday	Fartlek session	