W/C Monday	5th Jan 2009	12th Jan 2009	19th Jan 2009	26th Jan 2009	2nd Feb 2009	9th Feb 2009	16th Feb 2009	23rd Feb 2009	2nd Mar 2009	9th Mar 2009	16th Mar 2009	23rd Mar 2009	30th Mar 2009	6th Apr 2009	13th Apr 2009
Monday															
Tuesday	Hills	Fartlek 5x6min 2 min easy	6 x 800 Alexander Gardens	4 x 6 min Town Centre	400s Team Relay	Hills	Fartlek 5x6min 2 min easy	5 x 1200 Alexander Gardens	3x 8 min Town Centre	400s Team Relay	Hills	Fartlek 10x3min 1 min easy	5 x 1600 Alexander Gardens	4 x 8 min Town Centre	400s Team Relay
Wednesday															
Thursday	Dedworth	Chalvey	Old Windsor	Timetrial	Dedworth	Chalvey	Old Windsor	Timetrial	Dedworth	Chalvey	Old Windsor	Timetrial	Dedworth	Chalvey	Old Windsor
Friday														Maidenhead 10	
Saturday	3x7x400 20 sec/2m	8x400 3min	8x Long Hills	Circuit	4x6x400 20 sec/2m	8x Long Hills	Circuit	7x800 2min	8x Long Hills	Circuit	7x800 2min	4x6x400 20 sec/2m	8x Long Hills	Circuit	3x2000 4 min
Sunday	Tadley CC			Handy Cross CC	Wokingham		Metro CC	Reading CC			Club 20				
Legend	Chris H	TC	DP												