Dashers Training Schedule August 2011 - December 2011

W/C Monday	19th Dec 2011	26th Dec 2011	2nd Jan 2012	9th Jan 2012	16th Jan 2012	23rd Jan 2012	30th Jan 2012	6th Feb 2012	13th Feb 2012	20th Feb 2012	27th Feb 2012	5th Mar 2012	12th Mar 2012	19th Mar 2012	26th Mar 2012
	06:19	06:30	06:42	06:53	07:04	07:16	07:28	07:40	06:52	07:04	07:17	07:28	07:39	07:49	07:57
Monday															
Tuesday	3x6min-2 min easy Fartleck	Timetrial	6x4 min Town Centre	8x3min-1 min easy Fartleck	Hills	Timetrial	6x4min-2 min easy Fartleck	3x2000 Alexander Gardens	4x6min-2 min easy Fartleck	8x400 Alexander Gardens	Timetrial	8x3min-1 min easy Fartleck	6x4 min Town Centre	6x4min-2 min easy Fartleck	Timetrial
Wednesday															
Thursday	Slough	Eton Wick	Old Windsor	Dedworth	Slough	Eton Wick	Old Windsor	Dedworth	Slough	Eton Wick	Old Windsor	Dedworth	Slough	Eton Wick	Old Windsor
Friday															
Saturday															
Sunday															
	19:25	19:09	18:53	18:37	18:21	18:06	17:51	16:38	16:25	16:14	16:05	15:58	15:54	15:52	15:52
Legend	DP	CH	TC	PM											