

Tuesday	Thursday	Sunday	Races this week
27 June	29 June	2 July	
5 miles easy run	12x1 min intervals	BG loop via Muntham Hse Lane (7 miles)	Bewl 15 SGP (2nd)
4	6	9	
6 miles easy run	Hills - Wildwood 4-3-2-1 session	7-8 miles Southwater & Loves Lane	Roundhill Romp WSFRL (5th)
11	13	16	
6 miles fartlek Warnham Stn or time trial with jog out/back	Circuit training at BBH Green + 5 x 30-20-10	9 miles Worthing Rd/ Southwater/ Bonfire Hill circuit	Beat the Tide (11th) Beach Run WSFRL (12th) Phoenix 10k SGP (12th)
18	20	23	
5-6 miles with hills Tilletts Lane circuit	Horsham park tempo session	15k via Barns Green and Bashurst Hill	Wakehurst Willow (19th)
25	27	30	
6 miles tempo run Pondtail 1-1.5-1-1.5-1	Track "M" session	7-8 miles off-road with hills	Bexhill 5k SGP (26th) Seven Stiles WSFRL (30th)
1 August	3	6	
6 miles with tempo sections Downs Link & Lyons Road	Horsham parkrun hill session	9 miles "bacon booty run" from Copsale	Highdown Hike WSFRL (2nd) Harting 10 mile (6th)
8	10	13	
6 miles progression run Pondtail	BBH Green pyramid session	11.5 miles Sedgwick, Coltstaple, Southwater, CH or Henfield HM	Windlesham House 4 WSFRL (9th), Henfield HM (13th)
15	17	20	
6 miles steady run Warnham Station loop with fartlek on Merryfield Drive	Circuit training at BBH Green + 5 x 30-20-10	Barns Green 2nd half route 12.5 miles	Hove Hornets WSFRL (20th)
22	24	27	
6 miles progression run Pondtail	Horsham park tempo session	12 miles The Haven or 2-3 stages of Horsham Round	Newick 10k SGP (27th) Arundel 10k (27th) Horsham Round (28th)
29	31	3 September	
6 miles easy Warnham woods	Hills - Spencer Place x 4	10 miles "Mel's Milers" course plus BBH to CH and back	Fittleworth 5 WSFRL (3rd) South Coast HM/10k (3rd)
5	7	10	
5-6 miles with hills Tilletts Lane circuit or time trial with jog out and back	Games on the Green	BG trial run	Hellingly 10k SGP (10th) Chestnut Tree House 10k (10th)
12	14	17	
5 miles easy run	Circuit training on the track	8.5 miles Slinfold Stroll	Tilgate Forest 5 WSFRL (17th)
19	21	24	
5 miles easy run	4-5 miles easy run	RACE DAY!	Barns Green HM (24th)