

<b>2017 Beginners Group</b>		<b>Transition Sessions</b>
21 <sup>st</sup> March		23 <sup>rd</sup> March
<b>Rest</b>		Physical Prep session (AF) Drills/ABC
28 <sup>th</sup> March		30 <sup>th</sup> March
Smilers Hill reduced session. 3x up/walk-jog down. X 2 sets. 1x loop steady. Warm down/stretch		Out & Back run to Exning Church.
4 <sup>th</sup> April		6 <sup>th</sup> April
5k h'cap		Physical Prep/Flying 30's (AF)
11 <sup>th</sup> April		13 <sup>th</sup> April
Bury Road Lamp post's 1 up/1 down. 1 easy/1 effort/etc		Paarlauf (Team Relay)session with main group. Great Fun!
18 <sup>th</sup> April		20 <sup>th</sup> April
Snailwell Rd/footpath Godolphin/Bury Road/NLC		Physical Prep Pyramid recovery session (AF)
25 <sup>th</sup> April		27 <sup>th</sup> April
Easy Out & Back jog to Exning		Kevin Henry League CTC.(Club vest)
Assess Group regarding May Schedules(Greg)		
<b>2x Leaders per session</b>		<b>Encourage BG to remain together until KHL</b>