

Newmarket Joggers Training Schedule		April							
Session	Tue 4th	Thurs 6th	Tue 11th	Thur 13th	Tue 18th	Thur 20th	Tues 25th	Thur 27th	
Quality	5K Handicap	Drills Kenyan Hills	Drills Hamilton Hills	Drills Pair Relay (Paarlauf)	Drills Pyramids	20 Min Out & Back	Steady Heath Run	Kevin Henry 5k (Cambridge Tri)	
Long/Social			Summer 5k Course		Golden Gates				
		May							
Session	Tue 2nd	Thurs 4th	Tue 9th	Thur 11th	Tue 16th	Thur 18th	Tues 23rd	Thur 25th	Tues 30th
Quality	3 Churches	Heath Race	Drills Pyramid (Academy)	Kevin Henry 5k	Yasso	20 Min Out & Back	Drills Kenyan Hills	Drills Threshold Session (Academy)	Stetchworth Steady Run
Long/Social					Landwades			Boys Grave	