

Newmarket Joggers Training Schedule			June						
Session	Thur 1st	Tue 6th	Thur 8th	Tue 13th	Thur 15th	Tues 20th	Thur 22nd	Tues 27th	Thurs 29th
Technical	Track	Track	Kevin Henry 5k (Newmarket Joggers)	Track	Track	Track	Track	Track	Kevin Henry 5k (Saffron Walden)
Distance	Newmarket 5K Course	Out & Back		Boys Grave	10k Course	Golf Course	Kenyan Hills	Golden Gates	

July									
Session	Tue 4th	Thurs 6th	Tue 11th	Thur 13th	Tue 18th	Thur 20th	Tues 25th	Thur 27th	
Technical	3 Churches	Track	Track	Kevin Henry 5k (Haverhill)	Track	Track	Track	Track (Paul Evans)	
Distance		Out & Back	Landwades		Stetchworth	Hamilton Hill Efforts	Devils Dyke		