

Newmarket Joggers Training Schedule August

| Session | Tue 1st | Thur 3rd | Tue 8th | Thur 10th | Tue 15th | Thur 17th | Tue 22nd | Thurs 24th | Tue 29th | Thurs 31st |
|-----------|--|---------------------------------------|------------------------------------|----------------|-------------------------------|-------------|--------------|--------------|-----------------|----------------|
| Technical | Track | Kevin Henry 5k (Newmarket Joggers) | Track | Track | Track | Track | Track | Track | Track | Track |
| Distance | Side Hill & Moulton Paddocks (short route available) | | Boys Grave (short route available) | Three Churches | Woodditton Rd / Duchess Drive | Golf Course | Kenyan Hills | Golden Gates | Stetchworth Run | Three Churches |

September

| Session | Tue 5th | Thurs 7th | Tue 12th | Thur 14th | Tue 19th | Thur 21st | Tue 26th | Thur 28th |
|-----------|-----------------------|------------|-------------|----------------------|-----------|-----------------------|-----------------------------|------------|
| Technical | Track (Paul Evans) | Track | Track | Track | Track | Track | Track | Track |
| Distance | | Out & Back | Golf Course | Rowley Mile & Exning | Landwades | Hamilton Hill Efforts | Summer & Winter 5k Combined | Out & Back |