

# TAC Spring/Summer Training 2019

<b>Date</b>	<b>Day</b>	<b>Location</b>	<b>Session</b>	<b>Leader</b>	<b>Meet</b>
03.04.19	Wednesday	Track KT19 9RY	10-15 laps: 100m jog, 200m med-fast, 100m fast + 1Mile TT Marathon training to be advised	Alan	7.15
09.04.19	Tuesday	Epsom Downs	5 x 800 m 2 min rest Marathon training to be advised	Mark	Tea Hut KT18 5PP 7.15
16.04.19	Tuesday	Epsom Downs	<i>Hill Session</i> Marathon training to be advised	Hazel	Teal Hut KT18 5PP 7.15
<b>23.04.19</b>	<b>Tuesday</b>	<b>Langley Vale</b>	<b>HANDICAP – Meet at Rubbing House</b> <b>KT18 5LJ</b>	<b>API to mark course</b>	<b>KT18 5LJ</b> <b>7.15</b>
01.05.19	Wednesday	Grass Track Nork	10 – 15 laps; 100m jog, 200m med, 100m fast + 1 Mile TT Marathon training to be advised	Steve	Tea Hut KT18 5PP 7.15
07.05.19	Tuesday	Epsom Downs	12-16 x 200m 45 sec walk Marathon training to be advised	Mary	Tea Hut KT18 5PP 7.15
<b>16.05.19</b>	<b>Thursday</b>	<b>Ashtead Common</b>	<b>HANDICAP – Meet at Edge of Ashtead Common</b> <b>KT21 2DU</b>	<b>Roly to mark course</b>	<b>KT21 2DR</b> <b>7.15</b>
21.05.19	Tuesday	Epsom Downs	8-10 timed hills Marathon training to be advised	John	Tea Hut KT18 5PP 7.15

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28.05.19	Wednesday	Grass Track Nork	8-10 x 400m 1 min walk rest +1 mile TT - Marathon training to be advised	Mark	Tea Hut KT18 5PP 7.15
<b>04.06.19</b>	<b>Tuesday</b>	<b>Banstead Woods</b>	<b>HANDICAP – Meet in Banstead Woods</b>	<b>Steve Hill to mark course</b>	Car Park CR5 3NR
11.06.19	Tuesday	Epsom Downs	5 x 800m 2 min rest Marathon training to be advised	Hazel	Tea Hut KT18 5PP 7.15
18.06.19	Tuesday	Walton Heath	Ron Special Session	Ron & Dave	The Blue Ball KT20 7UE 7.15
25.06.19	Tuesday	Epsom Downs	Hills	Steve	Tea Hut KT18 5PP 7.15
02.07.19	Tuesday	Grass Track Nork	10-15 laps: 100m jog, 200m med-fast, 100m fast plus 1-mile time trial Marathon training to be advised	Mark	Tea Hut KT18 5PP 7.15
<b>03/07/2019</b>	<b>Wednesday</b>	<b>Nonsuch Mansion</b>	<b>Dave Denton Relays – meet at Mansion House</b>		<b>SM3 8AL</b>
09.07.19	Tuesday	Epsom Downs	High 5s	Alan	Tea Hut KT18 5PP 7.15
<b>11.07.19</b>	<b>Thursday</b>	<b>Walton Heath</b>	<b>Handicap – Park in Mill Road KT20 7TE</b>	<b>Mark to mark course</b>	<b>7.15</b>

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16.07.19	Tuesday	Walton Heath	Ron Special Session	Ron & Dave	The Blue Ball KT20 7UE 7.15
23.07.19	Tuesday	Epsom Downs	Hills	Mary	Tea Hut KT18 5PP
<b>30.07.19</b>	<b>Tuesday</b>	<b>Epsom Downs</b>	<b>Handicap – meet by 1-mile marker on the racecourse</b>	<b>API to mark course</b>	
07.08.19	Wednesday	Track KT19 9RY	16 x 200m 45 sec walk - Marathon tba <b>Dave's 1 mile challenge</b>	John	Track KT19 9RY 7.15
<b>15.08.19</b>	<b>Thursday</b>	<b>Nork Park SM71DQ</b>	<b>Handicap – meet in carpark</b>	<b>Dave W to mark course</b>	<b>SM7 1DQ</b>
20.08.19	Tuesday	Epsom Downs	10 x 400m 1 min walk rest	Mary	Tea Hut KT18 5PP 7.15
27.08.19	Tuesday	Epsom Downs	Hills	Alan	Tea Hut KT18 5PP 7.15
04.09.19	Wednesday	Track KT19 9RY	6 X 2 laps (4 x 2) 1 lap jog between and <b>Dave's 2 mile challenge</b>	Hazel	Track KT19 9RY 7.15