



## Emsworth Joggers – Training Schedule – Sept – Dec 2018

Date	Category	Event	Event Details
<b>18<sup>th</sup> September</b>	Tuesday Training	2 person paarlauf – Emsworth Park	Meet at Southleigh Recreation Ground 1830hrs
<b>20<sup>th</sup> September</b>	Thursday off Road Run. Road Run	Mad Mudders Tarmac Trotters	Marjorie Reflective kit and head torches Kim
<b>25<sup>th</sup> September</b>	Tuesday Training	Intervals Emsworth Park	Meet at Southleigh Recreation Ground 1830hrs
<b>27<sup>th</sup> September</b>	Thursday Off Road Run. Road Run	Mad Mudders Tarmac Trotters	Laura Berger Libby
<b>2nd October</b>	Tuesday Training	Hill Reps - Hollybank	Meet at Southleigh Recreation Ground 1830hrs
<b>4th October</b>	Thursday Off road run Road Run	Mad Mudders Tarmac Trotters	Dave Jane Stewart
<b>9<sup>th</sup> October</b>	Tuesday Training	Timed 5K	Meet at Southleigh Recreation Ground 1830hrs
<b>11th October</b>	Thursday Off Road Run	Mad Mudders Tarmac Trotters	Martin Maria
<b>16th October</b>	Tuesday Training	Strength & Conditioning with interval drills at Emsworth park	Meet at Southleigh Recreation Ground 1830hrs

Date	Category	Event	Event Details
<b>18<sup>th</sup> October</b>	Thursday Off Road Run Road Run	Mad Mudders Tarmac Trotters	Lou Karen Dupree
<b>23<sup>rd</sup> October</b>	Tuesday Training	8x300 – Emsworth Park	Meet at Southleigh Rec Ground 6.30
<b>25<sup>th</sup> October</b>	Thursday off Road Run	Mad Mudders Tarmac Trotters	Marjorie Claire Dyer
<b>30<sup>th</sup> October</b>	Tuesday Training	Strength & Conditioning Emsworth Park	Meet at Southleigh Recreation Ground 1830 hrs
<b>1<sup>st</sup> November</b>	Thursday Off road Run Road Run	Mad Mudders Tarmac Trotters	Glynne Natalie B
<b>6<sup>th</sup> November</b>	Tuesday Training	Timed 5 Miler	Meet at Southleigh Recreation Ground 1830 hrs
<b>8<sup>th</sup> November</b>	Thursday Off Road Run Road Run	Mad Mudders Tarmac Trotters	Anita Helena
<b>13<sup>th</sup> November</b>	Tuesday Training	Kenyon Hills - Hollybank	Meet at Southleigh Recreation Ground 1830 hrs
<b>15<sup>th</sup> November</b>	Thursday Off Road Run Road Run	Mad Mudders Tarmac Trotters	Steve May Giselle
<b>20<sup>th</sup> November</b>	Tuesday Training	Strength & Conditioning Emsworth Park	Meet at Southleigh recreation Ground 1830 hrs
<b>22<sup>nd</sup> November</b>	Thursday Off road Run Road Run	Mad Mudders Tarmac Trotters	Rachels B Gillian

Date	Category	Event	Event Details
<b>27<sup>th</sup> November</b>	Tuesday Training	Sprints + drills at Emsworth Park	Meet at Southleigh Recreation Ground 1830hrs
<b>29<sup>th</sup> November</b>	Thursday Off Road Run Road Run	Mad Mudders Tarmac Trotters	Tracy Anne T
<b>4<sup>th</sup> December</b>	Tuesday	Mile Reps – Westbourne Avenue	Meet at 6.30 Southleigh Rec Ground
<b>6<sup>th</sup> December</b>	Off Road Run Road Run	Mad Mudders Tarmac Trotters	Helen Maria
<b>11<sup>th</sup> December</b>		CHRISTMAS CURRY NIGHT	TBC
<b>13<sup>th</sup> December</b>	Off Road Run Road Run	Mad Mudders Tarmac Trotters	Suzy Maria
<b>18<sup>th</sup> December</b>	Both groups	5k Santa run round Emsworth	Meet at the Southleigh Rec Ground 6.30pm
<b>20<sup>th</sup> December</b>	Both groups	Strength & Conditioning Emsworth Park	Christmas Drink TBC

All training subject to change

Mad Mudders – Thursday runs – post codes below

Venues:

- Southleigh Rec Ground
- Hollybank
- Emsworth Park
- Walderton PO18 9ED
- Stoughton PO18 9JG
- Rowlands Castle Rec Ground PO9 6AQ
- THIRSTY THURSDAY MEANS WE GO TO THE PUB AFTER THE RUN.. its most essential to rehydrate after your run!!

Sunday Runs (times may vary) 0800 - Walderton /Stoughton/Hayling please check on FB or message Suzy!

Tarmac Totters - Thursday road running led by Maria- check FB for venue.

Anyone who requires training plan for 5/10/Half Marathon/Marathon see Suzy or Topsy.