



## Overton Harriers Thursday Training October 2009

October	Location	Group 1	Group 2	Weekend Fixture (HRRL / XC)
1 <sup>st</sup>	Estate	700m Reps (8 with jog recovery)	700m Reps (6 with 2 min recovery)	None
8 <sup>th</sup>	Estate	1400m Reps (4 with long recovery)	1400m Reps (3 with long recovery)	<b>Hants XC at Farley Mount</b> <b>Solent Half Marathon (HRRL)</b>
15 <sup>th</sup>	Bridge St.	30 minute Hill Session	20-30 minute Hill Session	Salisbury Half Marathon Tadley 10m
22 <sup>nd</sup>	Foxdown Handicap			Great South Run
29 <sup>th</sup>	Estate	700m Reps (8 with 2½min recovery)	700m Reps (6 with 3min recovery)	<b>Lordshill 10 mile (HRRL)</b>