Week	Wednesday Session				Other (Saturday) session			Long (Sunday) Run	
	Date	Session	Description	Run Leaders	Date	Session	Description	Date	Distance
1	09/09/2015	Hills	30 - 40 minutes hill reps	Simon	12/09/2015	Tempo	3 - 6 miles at tempo pace	13/09/2015	8 - 12 miles
2	16/09/2015	Tempo	5 - 8 miles at tempo pace	TBC on the night	19/09/2015	Fartlek	5 - 7 miles at varying pace	20/09/2015	8 - 12 miles
3	23/09/2015	Intervals	6 - 8 * 800m with 60 seconds rest	Sarah and Richard, Geoff (9 min), Tracey/Sally/Ann (10 min)	26/09/2015	Tempo	3 - 6 miles at tempo pace	27/09/2015	8 - 12 miles
4	30/09/2015	Tempo	5 - 8 miles at tempo pace	TBC on the night	03/10/2015	Hills	30 - 40 minutes hill reps	04/10/2015	8 - 12 miles
5	07/10/2015	Fartlek	5 - 7 miles at varying pace	Simon and Richard	10/10/2015	Tempo	3 - 6 miles at tempo pace	11/10/2015	8 - 12 miles
6	14/10/2015	Tempo	5 - 8 miles at tempo pace	TBC on the night	17/10/2015	Fartlek	5 - 7 miles at varying pace	18/10/2015	8 - 12 miles
7	21/10/2015	Hills	30 - 40 minutes hill reps	Sarah and Richard, Mark (9 min), Tracey/Sally/Ann (10 min)	24/10/2015	Tempo	3 - 6 miles at tempo pace	25/10/2015	8 - 12 miles
8	28/10/2015	Tempo	5 - 8 miles at tempo pace	TBC on the night	31/10/2015	Hills	30 - 40 minutes hill reps	01/11/2015	8 - 12 miles
9	04/11/2015	Intervals	4 - 5 * 1 mile with 60 seconds rest	Simon and Richard	07/11/2015	Race	Birmingham XC League race	08/11/2015	8 - 12 miles
10	11/11/2015	Tempo	5 - 8 miles at tempo pace	TBC on the night	14/11/2015	Fartlek	5 - 7 miles at varying pace	15/11/2015	8 - 12 miles
11	18/11/2015	Fartlek	5 - 7 miles at varying pace	Sarah and Richard, Geoff (9 min), Tracey/Sally/Ann (10 min)	21/11/2015	Tempo	3 - 6 miles at tempo pace	22/11/2015	8 - 12 miles
12	25/11/2015	Tempo	5 - 8 miles at tempo pace	TBC on the night	28/11/2015	Hills	30 - 40 minutes hill reps	29/11/2015	8 - 12 miles
13	02/12/2015	Hills	30 - 40 minutes hill reps	Simon and Richard	05/12/2015	Race	Birmingham XC League race	06/12/2015	8 - 12 miles
14	09/12/2015	Tempo	5 - 8 miles at tempo pace	TBC on the night	12/12/2015	Fartlek	5 - 7 miles at varying pace	13/12/2015	8 - 12 miles
15	16/12/2015	Intervals	6 - 8 * 800m with 60 seconds rest	Sarah and Richard, Geoff (9 min), Tracey/Sally/Ann (10 min)	19/12/2015	Tempo	3 - 6 miles at tempo pace	20/12/2015	8 - 12 miles
16	23/12/2015	Tempo	5 - 8 miles at tempo pace	TBC on the night	26/12/2015	Hills	30 - 40 minutes hill reps	27/12/2015	8 - 12 miles