

Dart Training plan, Jan - April 2019

w/c	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Monday 7 Jan		Whitchurch PO.Tiddybrook Return		Grenville, Crelake, Old Ex, Plym Rd	Rest		
Monday 14 Jan		Monks Mead, Boughthayes, Hospital,Glanville, Town, Return		Dolvin Rd, Green Hill, Shelley Av,Down Rd,Crelake	Rest		
Monday 21st Jan		Parkwood Rd circuits, meet and greet,West St, Monks Mead		Rocky Hill, Old Launceston,Mary Hay, Hospital, Plym Rd	Rest		
Monday 29th Jan		Hospital, Manor Park, Speed work,Redmoor , town Return		C Off circuits, West St, Catholic Ch, Back of College	Rest		
Monday 4th Feb		Council Off, hill reps, Old Ex Rd, Parkwood Rd, Return		Tiddybrook, Anderton,Whit Sch,return Lid, College	Rest		
Monday 11th Feb		Fartlek in Meadows Redmoor, Manor Pk, Return		West St, C Off, Old Ex,Bannawell, Courtlands,Hospital	Rest		
Monday 18th Feb		Riverside hill reps,Down Rd, St David's Shelley Av Deer Pk		Parkwood Rd circuits, Crelake, Westbridge Ind, Pixon L	Rest		
Monday 25th Feb		Rocky Hill, Courtlands, Manor Pk, Speedwork, Bannawell, Town		Monks Mead, Uplands,Crease L, Town relay route	Rest		
Monday 4th March		Crease L, Uplands circuits, Monks Mead, College		Grenville,Crelake, Chaucer, Shelley Av, Dolvin Rd	Rest		
Monday 11th March		Meadows, Viaduct speed work, Old Ex Return		T and T pub, Parkwood Rd, Market Inn, Pixon L	Rest		
Monday 18th March		Pimple hill reps, St David's, Deer Pk		Canal path	Rest		
Monday 25th March		Crease L, Cycle path, C Off, Old Ex, town, Meadows		Mill Hill	Rest		
Monday 1st April,		C Off, Vigers Hall, Toll House, Parkwod Rd		Part of Tavy 7 route	Rest		