## LYD RUNNINGROUTES: Jan. - Mar. 2020

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Routes may be changed by the leader depending on weather conditions etc. Keep an eye on facebook.

w/c	Mond	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 <sup>th</sup> Jan	ay Rest.	Down Rd, Bluebell Way, Green Lane.	Rest	Sorting Office Hills followed by Multi Storey hills.	Rest	Graduates Run	Rest
13 <sup>th</sup> Jan	Rest.	Bishopsmead, Whitchurch Rd.	Rest	Fartlek Pyramids in the meadows.	Rest	Graduates Run	Rest
20 <sup>th</sup> Jan	Rest.	Trout and Tipple out and back.	Rest	Viaduct session, council offices circuits.	Rest	Graduates Run or Tavy5	Rest
27 <sup>th</sup> Jan	Rest.	Redmoor Close and north end of town.	Rest	Down Rd,Milton Crescent tempo run.	Rest	Graduates Run	Rest
3 <sup>rd</sup> Feb	Rest.	Monksmead, Uplands, Glanville Rd, Bannawell st.	Rest	Timed Pyramids in the Meadows.	Rest	Graduates Run	Rest
10 <sup>th</sup> Feb		Drake Rd, Council Offices, Old Exeter Rd and around the town.	Rest	Bishopsmead Aspen Close hill reps, Tiddybrook circuits.	Rest	Graduates Run or Tavy5	Rest
17 <sup>th</sup> Feb	Rest	Down Rd, Bluebell Way, Green Lane.	Rest	Sorting Office Hills followed by Multi Storey hills	Rest	Graduates Run	Rest
24 <sup>th</sup> Feb	Rest	Bishopsmead, Whitchurch Rd.	Rest	Fartlek Pyramids in the meadows.	Rest	Graduates Run	Rest
2 <sup>nd</sup> Mar	Rest	Trout and Tipple out and back.	Rest	Viaduct session, council offices circuits.	Rest	Graduates Run	Rest
10 <sup>th</sup> Mar	Rest	Redmoor Close and north end of town.	Rest	Down Rd to Chaucer Rd, hill reps.	Rest	Graduates Run	Rest
17 <sup>th</sup> Mar	Rest	Monksmead, Uplands, Glanville Rd, Bannawell st.	Rest	Timed Pyramids in the Meadows.	Rest	Graduates Run or Tavy5	Rest
24 <sup>th</sup> Mar	Rest	Deer Park Crescent circuits.	Rest	Bishopsmead Aspen Close hill reps, Tiddybrook circuits.	Rest	Graduates Run	Rest
30 <sup>th</sup> Mar	Rest	Down Rd, Pimple, return Whitchurch.	Rest	Sorting Office Hills followed by Multi Storey hills.	Rest	Graduates Run	Rest