

TAC TAMAR EARLY SUMMER 23 SCHEDULE

Week commencing	Tuesday	Thursday
8/5	Deer Park Crescent - Kenyan Hills - 4 x 6 mins. RN	BUS RUN SP
15/5	W'Church - Middlemoor - Pimple - Pace Run. ST	Cricket Ring - 4 x 600m RN
22/5	Princetown to Dousland - meet at Yelverton at 1830hrs for car share. Weather dependant - check FB. Drinkies at The Rock afterwards. SP	Drakes Trail - 4 x 6 min Threshold IJ
29/5	Canal, Mill Hill - Pace Run. RN	400m intervals - Shortsdawn. ST
5/6	Tavy 7 - Meet at T7 car park at 1840hrs IJ	Figure of 8 Fartlek - Pimple (Park if wet). SP
12/6	Fillmore Lane Loop - Pace Run ST	Drakes Trail - 3 x 5m Cat and Mouse. IJ