

WINTER 2011 - WEEKLY TRAINING SCHEDULE

Tues 6:30-7:30am NEW!	Core & Speed workout	Meet at Hockey Turf, Smallbone Park, Devon St	Coach-led by Sarah Lei, 1hr core & speed work session. It's a good mix of gym work and running, nicely combined together in the one session. Great for beginners just getting fit, sprinters, long distance runners, or anyone needing some extra speed. Nice and early before work etc. Hockey Turf & Lights subsidized by club, only \$3 members, \$5 non members.	Sarah Lei 3493558, 027 2285496 miltonhouse@yahoo.co.uk
Tues & Thurs 4:45pm	Distance & Speed Runners	Meet at Club Rooms Neil Hunt Park	Groups head off into Whaka Forest following varied routes. Different members of these groups run between 5min to 7min kms for 1-2 hours. Great for established runners who are training or working towards an event.	John Harvey 027 272 7599 3485818
Tues & Thurs 5:30pm,	Walkers	Meet at Hennessy's Bar in Tutaneikai St	As it gets quite dark in Winter, the street lights enable our walkers to complete some good long walks still. And if it's raining they still go as they simply duck under shop verandahs to keep dry. During winter the pack walks are usually 1 1/2 hours, at 7 to 9 min kms. This group moves up to the WALKERS MARATHON CLINIC in the first week of October.	Colin or Pat Smyth 027 4999471, 027 3341425. Sarah Wiwarena 027 2483874, 3487674
Saturdays 1:45pm	Cross Country for the whole family	Meet at locations as listed in weekly Guff Sheet	Every Saturday there is a different location/route advertised in the previous Thursday's Guff Sheet. Senior Club Members take turns organizing fun outdoors walks/jogs/runs through our beautiful countryside. Perfect for real newbies, as there are shorter distances for kids, beginners, and starting walkers, with longer distances for the fitter runners and walkers.	See weekly Guff Sheet on website for Duty Officer.
Sundays 7am	Distance & Speed Runners	Meet at Club Rooms Neil Hunt Park	Groups head off into Whaka Forest following varied routes. Different members of these groups run between 5min to 7min kms for 1-2 hours. Great for established runners who are training or working towards an event.	Shaun 3471195, davidsons.ltd@xtra.co.nz Sarah Lei 3493558, 027 2285496 miltonhouse@yahoo.co.uk
Sundays 7:30am	Walkers	Meet at Club Rooms Neil Hunt Park	Head off as a Pack Group into Whaka Forest following several different routes, around 1 hour walks. Complimentary Tea & Coffee at the clubrooms afterwards for members. The group usually walks 7 to 9 min kms. This group moves up to the WALKERS MARATHON CLINIC in October.	Colin or Pat Smyth 027 4999471, 027 3341425. Sarah Wiwarena 027 2483874, 3487674
Sundays 8am	Recreational Runners	Meet at Club Rooms Neil Hunt Park	We head off into Whaka Forest following the day's nominated Pack Leader(s). Great for those working on 5km or 10km distances, or just getting/staying fit over winter. Different members usually jog 5 to 8min kms, for about an hour to 1 1/2 hours. This group moves up to the RUNNERS HALF/MARATHON CLINIC in early January.	Liam Dagg (6-7min kms) 027 248 775 Liam.dagg@rdc.govt.nz Sandra (8-9min kms) 021 2939457
Sundays 3pm	Beginners Walking or Jogging	Meet at Arias Farm 396 Clayton Rd	Only 25 minutes of walking on a DOC Nature Track and return, following one of two loops. Suits the very overweight and those just starting out as you only walk/jog as far as you comfortably can, before turning around. Kids over 6yrs also welcome to accompany parents. For those beginners to fitness, how far can YOU get this week? This course also has an optional full 10km route right up the mountain, for individuals training for tougher hill work!	Kerris Browne 021 753 691, swingmills@xtra.co.nz