W/C Monday	30th Aug 2010	6th Sept 2010	13th Sept 2010	20th Sept 2010	27th Sept 2010	4th Oct 2010	11th Oct 2010	18th Oct 2010	25th Oct 2010	1st Nov 2010	8th Nov 2010	15th Nov 2010	22nd Nov 2010	29th Nov 2010	6th Dec 2010
	06:10	06:21	06:32	06:43	06:54	07:06	07:17	07:29	07:42	06:54	07:06	07:18	07:30	07:41	07:50
Monday															
Tuesday	3 x 4 x 300 Home Park	6 x 800 Home Park	3 x 7 x 400 Home Park	4 x 6 min Long walk	Hills	6 x 3 min I min jog	10 x 400 Alexander Gardens	4 x 5 min I min jog	Timetrial	7 x 3 min I min jog	4 x 6 min Long walk	4 x 6 min I min jog	Hills	Timetrial	8 x 3 min I min jog
Wednesday															
Thursday	Crimp Hill	Great Park	Flood Relief	Cycle Path	Jim Banks	Old Windsor	Dedworth	Slough	Eton Wick	Old Windsor	Dedworth	Slough	Eton Wick	Old Windsor	Dedworth
Friday															
Saturday															
Sunday		Wooburn 10k				Paddle									
	19:39	19:23	19:06	18:50	18:34	18:19	18:04	17:49	16:38	16:24	16:13	16:04	15:57	15:53	15:52
Legend	DP	CH	TC	Fartleck											