

## NLFR TRAINING SCHEDULE WINTER 2024 - SPRING 2025

| DAY      | DATE           | SESSION   | MEETING POINT W3W               |
|----------|----------------|---|---------------------------------|
| Tuesday  | 19 November    | Dick Hudson's   | ///crouches.maps.sunk           |
| Thursday | 21 November    | Hill sprints   Moortown corner                                    | ///vines.bought.trend           |
| Tuesday  | 26 November    | Roundhay to Shadwell  | ///await.tides.proud            |
| Thursday | 28 November    | Intervals Pyramid   Far Headingley                                | ///pack.friday.splice           |
| Tuesday  | 3 December     | Burley Woodhead   | ///streaking.sulky.pockets      |
| Thursday | 5 December     | 90s out 90s back   Adel   | ///punt.resort.toys             |
| Tuesday  | 10 December    | Meanwood Valley   | ///locker.strict.rents          |
| Thursday | 12 December    | Long hills (4 x 4 min)   Cookridge                                | ///punt.resort.toys             |
| Tuesday  | 17 December    | Ilkley/Darwin Gardens   | ///hurls.blockage.pounding      |
| Thursday | 19 December    | Winter solstice run/Burley Woodhead                               | ///.streaking.sulky.pockets     |
| Tuesday  | 24 December    | Harewood/Wike Lane  | ///flickers.majority.rashers    |
| Thursday | 26 December    | NO TRAINING   | NO TRAINING                     |
| Tuesday  | 31 December    | NO TRAINING   | NO TRAINING                     |
| Thursday | 2 January 2025 | Circuit breakers (5 tempo, 5 hills, 5 tempo)   Roundhay Park      | ///await.tides.proud            |
| Tuesday  | 7 January      | Burley Woodhead   | ///streaking.sulky.pockets      |
| Thursday | 9 January      | 60s out 60s back  | ///punt.resort.toys             |
| Tuesday  | 14 January     | Chevin   Upper Shawfield car park                                 | ///ferrying.prongs.triangle     |
| Thursday | 16 January     | Lamppost hills   Spen Lane  | TBC                             |
| Tuesday  | 21 January     | Ilkley/Cow and Calf   | ///parading.weeknight.defenders |
| Thursday | 23 January     | Continuous hills   Cookridge                                      | ///punt.resort.toys             |
| Tuesday  | 28 January     | Meanwood Valley   | ///locker.strict.rents          |
| Thursday | 30 January     | SH!TE (short hills into tempo efforts)   Roundhay                 | ///await.tides.proud            |
| Tuesday  | 4 February     | Chevin  | ///ferrying.prongs.triangle     |
| Thursday | 6 February     | Fartlek   Adel  | ///punt.resort.toys             |
| Tuesday  | 11 February    | Burley Woodhead   | ///streaking.sulky.pockets      |
| Thursday | 13 February    | Short hill sprints   Gledhow Valley (meet Allerton Grange fields) | ///renew.glue.shiny             |
| Tuesday  | 18 February    | Harewood/Wike Lane  | ///flickers.majority.rashers    |
| Thursday | 20 February    | 90s out 90s back   Adel   | ///punt.resort.toys             |
| Tuesday  | 25 February    | Ilkley/Darwin Gardens   | ///hurls.blockage.pounding      |

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|          |             |                                    |                            |
|----------|-------------|------------------------------------|----------------------------|
| Thursday | 27 February | Meanwood park hills                | ///locker.strict.rents     |
| Tuesday  | 4 March     | Burley Woodhead                    | ///streaking.sulky.pockets |
| Thursday | 6 March     | Interval pyramid   Allerton Grange | ///renew.glue.shiny        |
| Tuesday  | 11 March    | Roundhay to Shadwell               | ///await.tides.proud       |
| Thursday | 13 March    | 1 min out, 1 min back   Adel       | ///punt.resort.toys        |
| Tuesday  | 18 March    | Addingham/Beamsley Beacon          | ///examiner.gift.airbase   |
| Thursday | 20 March    | Meanwood park hills                | ///locker.strict.rents     |
| Tuesday  | 25 March    | Burley Woodhead                    | ///streaking.sulky.pockets |
| Thursday | 27 March    | Intervals pyramid   Far Headingley | ///pack.friday.splice      |