

January 2022

Wk	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
52	27 XMAS BREAK	28	29 XMAS BREAK	30	31	1 New Year's Day	2 Club Social Runs
	3 Bank Holiday NO CLUB SESSION	4	5 Intervals Session: Mo Runs	6	7	8 Club Social Runs	9 Club Social Runs
1	10 Distance Night: Caldicot Loop (5k, 5 mile, 10k)	11	12 Intervals Session: Blackbird Loops	13	14	15 Club Social Runs	16 Club Social Runs
	17 Distance Night: Portskewett Loop (5k, 5 mile, 10k)	18	19 Intervals Session: Castroggi Lampposts	20	21	22 Club Social Runs	23 Club Social Runs
2	24 Distance Night: Rogiet Loop (will only be possible if everyone brings a light)	25	26 Intervals Session: Castle 200's	27	28	29 Club Social Runs	30 Club Social Runs
	31 Distance Night: Coastal Run (will only be possible if everyone brings a light)	1	2 CLUB CHAMPS RACE #1: Distance: 10k handicap	3	4	5	6