

DFR Training Activity 2022

Date	Activity	Activity Venue
January		
06	Uphill/Downhill transition Endurance Circuit x 4	Bottom of "Yellow Brick Road" NZ 08770 31417
13	10 x 400m Intervals	Bottom of "Yellow Brick Road" NZ 08770 31417
20	Pyramid Session 100/200/300/200/100	"Yellow Brick Road" NZ 0877 3142
27	Winter Handicap: 2.65 miles Or Not the Handicap run	"Wall End" NZ 078 3132
February		
03	Potato Hill Pendulum	"Standing Stones" Potato Hill NZ 0685 3098
10	Fartlek: 4-3-2-1; 3 Reps	Bottom of "Yellow Brick Road" NZ 08770 31417
17	Uphill: Gate to Quarry Pond 8 reps	Gate to the open fell. NZ 06583 31670
24	Winter Handicap: 2.65 miles Or Not the Handicap run	"Wall End" NZ 078 3132