







Runningods Weekly Training Schedule

Each week we have structured training sessions at times convenient to you whether it's an early morning shake off, a lunch time sprint or an evening spent getting better acquainted with Primrose Hill, we've got just the God for you! Only just got your running wings? A seasoned runner looking for that that extra swoop? Our Gods will get those wings to fly!

Check our weekly running schedule below for the session that suits you and then book in with the Clinic Angel team and you're good to go!

Monday	Tuesday	Wednesday	Thursday	Friday
			12noon  HILLS MARK 45MINS	1PM  HILLS CHRIS 45 MINS
	6PM  INTERVALS CHRIS 60MINS (FORNIGHTLY)	6PM  INTERVALS CHRIS 60MINS (FORNIGHTLY)	4:45PM  JUNIORS ELOISE /SABI 60 MINS	
7PM  LONG RUN MARK 90MINS				