

NLFR Autumn-Winter Schedule 2021-22

NB: all runs/sessions will be confirmed on the weekly update on the Monday of each week

Track sessions provisional to having access to the track – the weekly update will confirm.

Tuesday	12 th Oct	Cow and Calf	Cow and Calf
Thursday	14 th Oct	3min out and back intervals	Adel
Tuesday	19 th Oct	Burley Woodhead	Moor Lane
Thursday	21 st Oct	Roundhay Park Hills with run offs	Roundhay Park
Saturday	23 rd Oct	NLFR@Parkrun – Chevin	Chevin Parkrun
Tuesday	26 th Oct	Harewood	Wike Lane
Thursday	28 th Oct	16x400m intervals on track	Beckett Park Track
Tuesday	2 nd Nov	Chevin & Danefield	Surprise View
Thursday	4 th Nov	Spenn Lane Lampost hills	Adel
Tuesday	9 th Nov	Burley Woodhead	Moor Lane
Thursday	11 th Nov	8x800m intervals on track	Beckett Park Track
Tuesday	16 th Nov	Baildon Moor	Baildon Rugby Club
Thursday	18 th Nov	Fartleks or Paurlaufs	Adel
Saturday	20 th Nov	NLFR@Parkrun – Bramley	Bramley Park
Saturday	20 th Nov	Downhill technical session	Bramley Park (post-PR)
Tuesday	23 rd Nov	Ilkley Moor	Darwin Gardens
Thursday	25 th Nov	3km Time trial on track	Beckett Park Track
Tuesday	30 th Nov	Burley Woodhead	Moor Lane
Thursday	2 nd Dec	1min out, 1min back intervals	Adel
Tuesday	7 th Dec	Adel Woods and Meanwood Park	Green Rd carpark
Thursday	9 th Dec	7x1km intervals on track	Beckett Park Track
Tuesday	14 th Dec	Dick Hudson's	Dick Hudson's pub
Thursday	16 th Dec	Sunset/Greenwood Hills	Green Rd (Meanwood)
Saturday	18 th Dec	NLFR@Parkrun – Middleton Park	Middleton Park bike hub
Tuesday	21 st Dec	Burley Woodhead – Solstice Run	Moor Lane
Thursday	23 rd Dec	TBC – dependent on interest	
Tuesday	28 th Dec	TBC – possible daytime social run	TBC
Thursday	30 th Dec	No session due to Auld Lang Syne on Fri 31 st	
Tuesday	4 th Jan	Burley Woodhead	Moor Lane
Thursday	6 th Jan	Moortown Hill "sprints"	Moortown corner
Tuesday	11 th Jan	Chevin	East Chevin Road
Thursday	13 th Jan	Track pyramid intervals	Beckett Park Track
Saturday	15 th Jan	NLFR@Parkrun – Temple Newsam	Temple Newsam
Tuesday	18 th Jan	Harewood	Wike Lane
Thursday	20 th Jan	Fartleks or Paurlaufs	Adel
Tuesday	25 th Jan	Burley Woodhead	Moor Lane
Thursday	27 th Jan	Long Reps on trail	Myrtle Tavern

