

## NLFR Winter-Spring Schedule 2022

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	1 <sup>st</sup> Feb	Ilkley Moor	Darwin Gardens
Thursday	3 <sup>rd</sup> Feb	Long Trail Reps	Woodlea Road
Tuesday	8 <sup>th</sup> Feb	Adel Woods and Meanwood Park	Green Road Car Park
Thursday	10 <sup>th</sup> Feb	Fartleks	Adel War Memorial
Tuesday	15 <sup>th</sup> Feb	Burley Woodhead	Burley Woodhead
Thursday	17 <sup>th</sup> Feb	Continuous Hills	Adel War Memorial
Tuesday	22 <sup>nd</sup> Feb	Chevin (from Otley)	Buras La Car Park
Thursday	24 <sup>th</sup> Feb	Moortown Hill Sprints	Moortown Corner
Tuesday	1 <sup>st</sup> Mar	Temple Newsam	Farm car park
Thursday	3 <sup>rd</sup> Mar	90s out, 90s back	Adel War Memorial
Tuesday	8 <sup>th</sup> Mar	Burley Woodhead	Burley Woodhead
Thursday	10 <sup>th</sup> Mar	Roundhay Park Hills	Princes Ave Car Park
Tuesday	15 <sup>th</sup> Mar	Harewood	Wike Lane
Thursday	17 <sup>th</sup> Mar	Intervals Pyramid	Far Headingley
Tuesday	22 <sup>nd</sup> Mar	Cow and Calf	Cow and Calf Car Park
Thursday	24 <sup>th</sup> Mar	Long Hills	Adel War Memorial
Tuesday	29 <sup>th</sup> Mar	Burley Woodhead	Burley Woodhead
Thursday	31 <sup>st</sup> Mar	4 out, 4 back on grass	Adel War Memorial
Tuesday	5 <sup>th</sup> Apr	Chevin	Surprise View Car Park
Thursday	7 <sup>th</sup> Apr	TBC	TBC
Tuesday	12 <sup>th</sup> Apr	Round Hill	TBC
Thursday	14 <sup>th</sup> Apr	Roundhay Park Hills with Run-off	Princes Ave Car Park
Tuesday	19 <sup>th</sup> Apr	Burley Woodhead	Burley Woodhead
Thursday	21 <sup>st</sup> Apr	4x (2min, 4min) intervals on grass	Allerton Grange Fields
Tuesday	26 <sup>th</sup> Apr	Ilkley Moor	Darwin Gardens
Thursday	28 <sup>th</sup> Apr	Sunsets Hills	Green Road Car Park
Tuesday	3 <sup>rd</sup> May	Trails up to Almscliff Crag	TBC
Thursday	5 <sup>th</sup> May	Long tempo intervals on trail	Woodlea Park
Tuesday	10 <sup>th</sup> May	Burley Woodhead	Burley Woodhead
Thursday	12 <sup>th</sup> May	Repetition intervals (track or grass)	Track or Allerton G Fields
Tuesday	17 <sup>th</sup> May	Baildon Moor and Shipley Glen	Hawksworth Road Car Pk
Thursday	19 <sup>th</sup> May	Continuous Hills (Roundhay Park)	Princes Ave Car Park
Tuesday	24 <sup>th</sup> May	Cow and Calf	Cow and Calf Car Park
Thursday	26 <sup>th</sup> May	5min out, 5min back on grass	Adel War Memorial
Tuesday	31 <sup>st</sup> May	Burley Woodhead	Burley Woodhead