

NLFR Summer-Autumn Schedule 2024

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

Tuesday	16 th Jul	Ilkley moor	Darwin Gardens
Thursday	18 th Jul	1.6km reps	Old M'wood Hosp Loop
Tuesday	23 rd Jul	Addingham	Bark Lane Bridge
Thursday	25 th Jul	6x4mins rolling XC intervals	Roundhay Park
Tuesday	30 th Jul	Burley Woodhead	Burley Woodhead
Thursday	1 st Aug	Gledhow Valley Short Hills	Allerton Grange way
Tuesday	6 th Aug	Cow and Calf	Cow and Calf Car Park
Thursday	8 th Aug	3km Time Trial	Adel
Tuesday	13 th Aug	Chevin	East Chevin Road
Thursday	15 th Aug	Fast repetition intervals	Allerton Grange Fields
Tuesday	20 th Aug	Burley Woodhead	Burley Woodhead
Thursday	22 nd Aug	Roundhay Park Hills with run offs	Roundhay Park
Tuesday	27 th Aug	Dick Hudson's	Dick Hudson's pub
Thursday	29 th Aug	4x4min out, 4min back	Adel
Tuesday	3 rd Sept	Ilkley Moor	Darwin Gardens
Thursday	5 th Sept	4x (2min, 4min) intervals	Allerton Grange Fields
Tuesday	10 th Sept	Burley Woodhead	Burley Woodhead
Thursday	12 th Sept	Pyramid Intervals	Far Headingley
Tuesday	17 th Sept	Baildon Moor and Shipley Glen	Baildon Rugby Club
Thursday	19 th Sept	Medium Hills	Adel
Tuesday	24 th Sept	Chevin	Surprise View
Thursday	26 th Sept	1min out, 1min back	Adel
Tuesday	1 st Oct	Burley Woodhead	Burley Woodhead
Thursday	3 rd Oct	Sunset Hills	Meanwood Park CP
Tuesday	8 th Oct	Cow and Calf	Cow and Calf CP
Thursday	10 th Oct	Fartleks	Adel
Tuesday	15 th Oct	Harewood	Wyke La
Thursday	17 th Oct	Roundhay Park Hills	Roundhay Park
Tuesday	22 nd Oct	Burley Woodhead	Burley Woodhead
Thursday	24 th Oct	Moortown Hill Sprints	Moortown Corner
Tuesday	29 th Oct	Ilkley Moor	Darwin Gardens
Thursday	31 st Oct	90s out 90s back	Adel
Tuesday	5 th Nov	Chevin	Otley (Buras La CP)
Thursday	7 th Nov	3km Time Trial	Adel
Tuesday	12 th Nov	Burley Woodhead	Burley Woodhead
Thursday	14 th Nov	Continuous Hills	Adel