



Gazelles Training Sessions

All sessions are open to all abilities.

Day	Details	Time and Venue
Monday	Club session. Timed out and back run (effort session on last Monday in the month)	Meet at 6.15 for 6.30 start at City Academy
Tuesday	Efforts session. Schedule on Tuesday nighters FB page.	Meet for 6pm start at car park on right as you enter the UEA.
Wednesday	Gentle run.	Waitrose car park 6.10pm
Thursday	Run or efforts session. See Gazelles Website for info.	Waitrose car park for 6.30 pm start.
Sunday	Long run	Waitrose car park for 8am start