



LYMM RUNNERS TWELVE DAYS OF CHRISTMAS TRAINING - 2017



Date	Location	Session	Details	Led by
Thur 21.12 	Leisure Centre - 6.45pm	Special Charity Run	Multi-distance run in aid of the River Reeves Foundation. Its's a £5.00 donation to enter, and there's a MEDAL for all participants! Chris to post further details shortly.	Chris L
Fri 22.12	Library - 7.00pm	Tour of the Christmas Lights of Lymm!	A gentle running tour of our beautiful village of Lymm, taking in all the festive displays it has to offer! 	Georgina and Emma
Sat 23.12	Library - 7.45am	Parkrun Tourism 	We're off to Wrexham to meet our old friend Kat (she's not that old), and join her for the very scenic Errdig Parkrun.	Fiona
Sun 24.12	Library - 9.30am	The Legendary Little Red Dress Run	Don that very fetching red number (whoever you are) and join the run to High Legh Garden Centre. It's a 6-7 mile round trip. You could always get a lift there (or back) if that's too much on Xmas Eve! Bring some pennies for hot chocolate and train rides!	Lynn
Mon 25.12 	Victoria Park - 9.00am	Victoria Park Parkrun	Yes, there's a Parkrun on Christmas Day! Now, you really will have earned all that chocolate! 	All
Tue 26.12	Library - 7.00pm	Night Run	A tour of the atmospheric Delamere Forest and its environs at night. Don't forget your headtorch!	Tim M
Wed 27.12	Library - 9.15am	Coffee Morning Run	Our very own Wednesday morning run; followed by hot drinks, cake and mince pies. You may decide to stay there the rest of the day!	John
Thur 28.12	Library - 7.00pm	Regular(?) Training 	Regular Training with a festive touch! Compulsory over-the-top wearing of Santa Hats, Tinsel, Lights, Elf outfits, etc, etc!	Kate 4m / Lisa 5m / Fiona 6m / Mark 6+m
Fri 29.12	Leisure Centre - Old Gym - 10.30am	Boot Camp Circuit Training	OMG! You are so going to ache tomorrow! But do not miss this opportunity to be put through your paces by our very own real live Para PT instructor!	Victor VonKrum
Sat 30.12 	Library - 9.30am	Orienteering	A day-time orienteering course around Lymm. It'll work your body and mind! 	Tim M and Peter M
Sun 31.12	Library - 11.00am	End of the year Bike Ride	A gentle 20 / 30 miles pootle with a pub stop in the middle. Probably Mobberley way. Tandem anyone?!	George 
Mon 1.1	Library - 10.30am	The Happy New Year Hangover Run	...and I quote: 'A gentle recovery run - 6 miles along the TPT'.	Kieran