**Tonbridge AC Christmas and New Year Training Schedule**

**Monday 19th December**

TAC at Tonbridge School Track as normal (non-distance runners).

**Tuesday 20th December**

TAC Club night as normal including distance runners.

**Wednesday 21st December**

TAC at Tonbridge School Track as normal (non-distance runners).

**Thursday 22nd December**

TAC Club night as normal including distance runners.

**Friday 23rd December**

TAC Distance Runners Training Relays at Judd School, Vizards Sports Fields at 10am.

All abilities and ages. Distances 400m to 800m.

Vizards Sports Fields, Lower Hayesden Lane TN11 9BB (Gate located just prior to entrance to Hayesden Country Park).

**Saturday 24thDecember – Christmas Eve**

No organised TAC Training (track available 10am to 10pm)

**Sunday 25thDecember – Christmas Day**

No organised TAC Training

**Monday 26th December – Boxing Day**

TAC Christmas Pudding 5km Handicap Race at Judd School, Vizards Sports Fields at 11am start. See Race information for entry details - - <https://forms.gle/fqEye4osDxL1mzqb9>

Vizards Sports Fields, Lower Hayesden Lane TN11 9BB (Gate located just prior to entrance to Hayesden Country Park).

**Tuesday 27th December**

Track open 10am to 1pm for groups, overseen by TAC coaches.

Please consult with your coach.

Tonbridge School Centre closed in the evening.

**Wednesday 28th December**

TAC at Tonbridge School Track as normal (non-distance runners).

**Thursday 29th December**

TAC at Tonbridge School Track as normal, including distance runners.

**Friday 30th December**

No organised TAC Training

Track available in evening.

**Saturday 31st December – New Year’s Eve**

Knole Park hill session – all welcome. Meet south end of park by first gate in St Julians Road.

No evening TAC training at the track.

**Sunday 1st January – New Year’s Day**

No organised TAC Training

**Monday 2nd January**

No organised TAC Training (track available 10am to 10pm)

**Tuesday 3rd January**

TAC Club night as normal including distance runners.

**Wednesday 4th January**

TAC at Tonbridge School Track as normal (non-distance runners).

**Thursday 5th January**

TAC Club night as normal including distance runners.