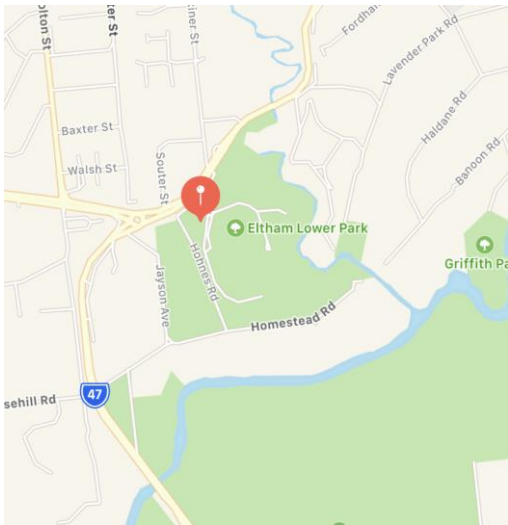
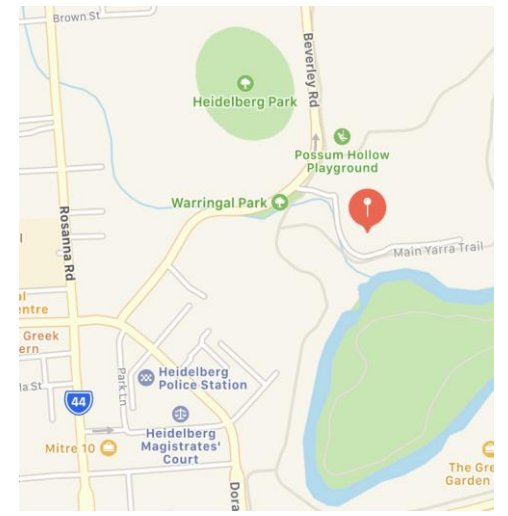
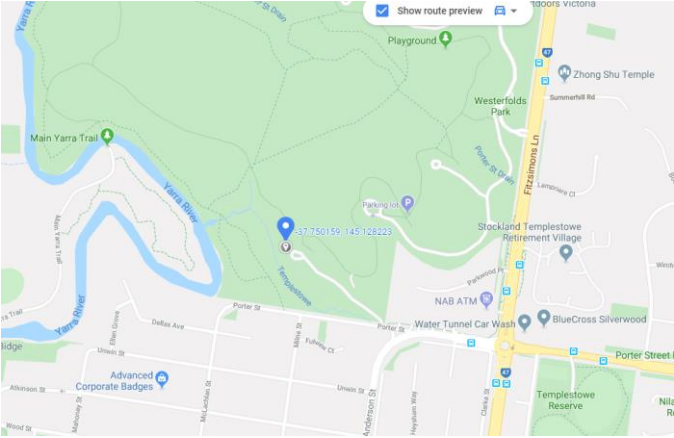


# DCR Timetable March 2020

Tuesday	Thursday	Sunday	
<p>3<sup>rd</sup> March 7pm – Group Run Marngrook Oval STR</p> <p>7:25pm – Reducing Recoveries</p>	<p>5<sup>th</sup> March</p> <p>9:30am – Group Run Marngrook Oval</p> <p>7pm – Group Run Marngrook Oval STR</p> <p>1km Time Trial</p>	<p>8<sup>th</sup> March</p> <p><b>Trail:</b> Main Yarra Trail</p> <p><b>Meeting place:</b> Eltham Lower Park</p> <p><b>Time:</b> 8am</p> <p><b>Distance:</b> 5km, 8km, 10km+ STR</p>	
<p>10<sup>th</sup> March 7pm – Group Run Willinda Park</p> <p><b>STR - Marngrook</b></p> <p>7:25pm – 200s on the 2 mins</p>	<p>12<sup>th</sup> March</p> <p>9:30am – Group Run Marngrook Oval</p> <p>7pm – Group Run Marngrook Oval STR</p>	<p>15<sup>th</sup> March</p> <p><b>Trail:</b> Main Yarra Trail</p> <p><b>Meeting place:</b> Heidelberg Football Club</p> <p><b>Distance:</b> 5km, 8km, 10km+ STR</p>	

<p>17<sup>th</sup> March 7pm – Group Run Marngrook STR</p> <p>7:25pm – 400m Reps Beep Test</p>	<p>19<sup>th</sup> March</p> <p>9:30am – Group Run Marngrook Oval</p> <p>7pm – Group Run Marngrook Oval STR</p>	<p>22<sup>nd</sup> March</p> <p><b>Trail:</b> Westerfolds</p> <p><b>Meeting place:</b> Porter Street Templestowe</p> <p><b>Time:</b> 8am</p> <p><b>Distance:</b> 5km, 8km, 10km+ <b>STR</b></p>	
<p>24<sup>th</sup> March 7pm – Group Run Marngrook STR</p> <p>7:25pm – 1km Intervals</p>	<p>26<sup>th</sup> March</p> <p>9:30am – Group Run Marngrook Oval</p> <p>7pm – Group Run Marngrook Oval STR</p>	<p>29<sup>th</sup> March</p> <p><b>Trail:</b> Mason Falls Kinglake</p> <p><b>Meeting place:</b> Masons Falls Road</p> <p><b>STR - Marngrook</b></p> <p><b>Time:</b> 8am</p> <p><b>Distance:</b> 5km &amp; 15km</p>	