## **DCR Timetable** March 2020 **Thursday Tuesday** Sunday 8th March 5th March 3rd March Trail: Main Yarra Trail Walsh St 7pm – Group Run 9:30am - Group Run Marngrook Oval Marngrook Oval Meeting place: Eltham Lower STR Park 7pm – Group Run Marngrook Oval Time: 8am STR 7:25pm - Reducing Distance: 5km, 8km, 10km+ Recoveries STR 1km Time Trial Brown St. 10th March 0 12th March 7pm - Group Run 15th March 3 Willinda Park 9:30am - Group Run Trail: Main Yarra Trail Marngrook Oval Warringal Park Q STR - Marngrook Main Yarra Trail Meeting place: Heidelberg 7pm – Group Run Football Club Marngrook Oval STR Distance: 5km, 8km, 10km+ 7:25pm - 200s on the 2 **STR** mins Heidelberg Magistrates' Court

17th March 7pm – Group Run Marngrook STR  7:25pm – 400m Reps Beep Test	19 <sup>th</sup> March  9:30am – Group Run Marngrook Oval  7pm – Group Run Marngrook Oval  STR	22nd March  Trail: Westerfolds  Meeting place: Porter Street Templestowe  Time: 8am Distance: 5km, 8km, 10km+ STR	Show route preview  Playground  Westerfolds  Dumental Rd  Player of the Street of the
24 <sup>th</sup> March 7pm – Group Run Marngrook STR 7:25pm – 1km Intervals	26 <sup>th</sup> March 9:30am – Group Run Marngrook Oval 7pm – Group Run Marngrook Oval STR	29th March  Trail: Mason Falls Kinglake  Meeting place: Masons Falls Road  STR - Marngrook  Time: 8am Distance: 5km & 15km	Masons Falls Car Park  Carpark at the end of Masons Falls Rd, off National Park Rd