

LSTA Training Sessions – 2020

Week	Monday	Thursday
	Adults & Seniors	Juniors
Information Evening	Monday 20 April	
Week 1	27.Apr	30.Apr
Week 2	4.May	7.May
Week 3	11.May	14.May
Week 4	18.May	21.May
Week 5	25.May	28.May
Week 6	1.Jun	4.Jun
Week 7	8.Jun	11.Jun
Week 8	15.Jun	18.Jun
Week 9	22.Jun	25.Jun
Week 10	29.Jun	2.Jul
Week 11	6.Jul	9.Jul
Week 12	13.Jul	16.Jul
Week 13	20.Jul	23.Jul
Week 14	27.Jul	30.Jul
No Training	3.Aug	6.Aug
Week 15	10.Aug	13.Aug
Summer Course	10 - 14 August	
Week 16	17.Aug	20.Aug
Week 17	24.Aug	27.Aug
No Training	1 - 3 September (Hiking Viking Series)	
Fun Sessions	7.Sep	10.Sep