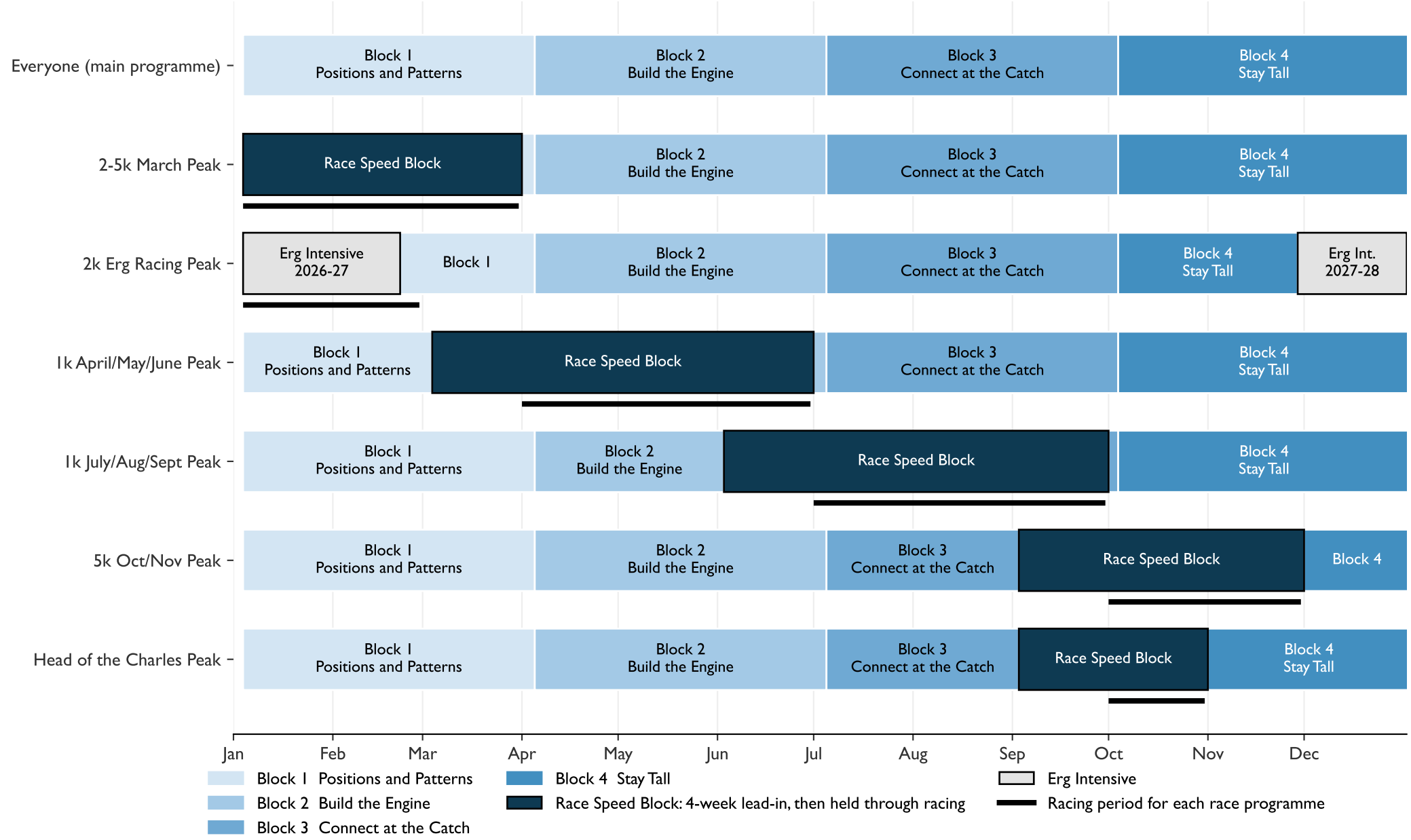
Strength Programme 2027

One programme for everyone through the year, plus a Race Speed Block through each racing season



The Race Speed Block starts four weeks before racing begins and is held until racing ends; the 2-5k lead-in falls in December 2026, before this chart starts.
When racing ends, members return to the main programme at the week the date says. Blocks run from Monday 4 January 2027: 4 Jan, 5 Apr, 5 Jul and 4 Oct.