

<b>DATE</b>	<b>Session</b>	<b>Leader</b>	<b>Description</b>
06/02/24	Structured Steady run Walk &Talk RunTogether	Martin Various Various Martin	3 x (3H,3R) 4 x (2H, 2R) 5 x (1H, 1R) 5 – 7 miles 3 – 4 miles Week 4
08/02/24	Returns & Improvers Social Run Run Together	Martin Linda Martin M	3 – 5 miles Week 5
13/02/24	Structured Steady run Walk &Talk Run Together	Martin Various Various Martin	Ted Rodgers 3,2,1,1,2,3,3,2,1,1,2,3 5 – 7 miles 3 – 4 miles Week 5
15/02/24	Returns & Improvers Social Run Run Together	Martin Linda Martin M	3 – 5 miles Week 6
20/02/24	Structured Steady run Walk &Talk Run Together	Martin Various Various Martin M	4 x (3H,2R) + 6 x (2H, 1R) 3r between sets 5 – 7 miles 3 – 4 miles Week 6
22/02/24	Returns & Improvers Social Run Run Together	Martin Linda Martin M	3 – 5 miles Week 7
27/02/24	Structured Steady run Walk &Talk	Martin Various Various	Chairmans Choice 5 – 7 miles 3 – 4 miles
29/02/24	Returns & Improvers Social Run	Martin Linda	3 – 5 miles
05/03/24	Structured Steady run Walk &Talk Run Together	Martin Various Various Martin M	Countdown (4H,2R,3H,2R,2H,2R,1H,1R) x 2 5 – 7 miles 3 – 4 miles Week 8
07/03/24	Returns & Improvers Social Run Run Together	Martin Linda Martin M	3 – 5 miles Week 8
12/03/24	Structured Steady run Walk &Talk	Martin Various Various	3 min out 3 min back x 4 5 – 7 miles 3 – 4 miles
14/03/24	Returns & Improvers Social Run	Martin Linda	3 – 5 miles
19/03/24	Structured Steady run	Martin Various	Kenyan Hills 5 – 7 miles

	Walk &Talk	Various	3 – 4 miles
21/03/24	Returns & Improvers Social Run	Martin Linda	3 – 5 miles
26/03/24	Structured Steady run Walk &Talk	Martin Various Various	Chairmans Choice 5 – 7 miles 3 – 4 miles
28/03/24	Returns & Improvers Social Run	Martin Linda	3 – 5 miles
02/04/24	Structured Steady run Walk &Talk	Martin Various Various	3 x (3H, 2R) x 2 & 6 x (1H, 1R) 5 – 7 miles 3 – 4 miles
04/04/24	Returns & Improvers Social Run	Martin Linda	3 – 5 miles
09/04/24	Structured Steady run Walk &Talk	Martin Various Various	5 - 6 mile Fartlek 5 – 7 miles 3 – 4 miles
11/04/24	Returns & Improvers Social Run	Martin Linda	3 – 5 miles
16/04/24	Structured Steady run Walk &Talk	Martin Various Various	Countdown (4H,2R,3H,2R,2H,2R,1H,1R) x 2 5 – 7 miles 3 – 4 miles
18/04/24	Returns & Improvers Social Run	Martin Linda	3 – 5 miles
23/04/24	Structured Steady run Walk &Talk	Martin Various Various	Chairmans Choice 5 – 7 miles 3 – 4 miles
25/04/24	Returns & Improvers Social Run	Martin Linda	3 – 5 miles
30/04/24	Structured Steady run Walk &Talk	Martin Various Various	6 x (2H,2R) x 2 with 3 min recovery between sets 5 – 7 miles 3 – 4 miles

**THURSDAYS – There will be steady runs on a Thursday and the Run Together course from 6/02 – 07/03**

**All evening runs will start at 18.30 from the Leisure Centre unless otherwise stated**

**The Run Together group start at 6.15pm**

## **Steady Runs**

These should be run at a pace that allows you to talk without gasping for breath!

On steady runs faster runners will be expected to come back beyond the slowest runner of that group

## **STRUCTURED**

The structured sessions are aimed at all paces. They will take place on a short circuit where no-one can get lost and will always have another runner in sight. The sessions are aimed at increasing speed and will help your pace in races over all distances. The distance covered in an interval session may well be less than a steady run but you will have worked harder. Each session will be explained fully on the night

Fast runners must come back after each effort to the back of the group. Where it is longer efforts these runners should start quite a way back so the group does not become too split up.

The recovery, within an interval session, is as important as the effort itself. You would be aiming to run the effort at your 5km pace and your recovery will be your marathon pace or slightly slower. If you have not done intervals before you will quickly realise it's important to pace yourself

Ideally a good ten minute warm up should take place, at a steady pace, prior to the session and at the end at least a 10 minute cool down

## **WALK & TALK**

This will be led by various people and does what it says. It's there for people who are injured, or getting back from injury, those who don't fancy running that night and just generally a chance to catch up with your club mates and see how each other are doing. Winter months could involve flasks of hot chocolate!