

DATE	Session	Leader	Description
06/08/24	Structured Steady run Walk & Talk	Martin Various	12 x 1h, 1r x 2 5 – 7 miles from Leisure Centre all paces 3 – 4 miles
08/08/24	Light Structured	Martin H	Improvers & Returners
13/08/24	Structured Steady run Walk & Talk	Martin Various	Ted Rogers session 5 – 7 miles from Leisure Centre all paces 3 – 4 miles
15/08/24	Light Structured Social Run	Martin H Linda H	Improvers & Returners Steady run
20/08/24	Structured Steady run Walk & Talk	Martin Various	Fartlek taking in Beach and dunes 5 – 7 miles from Leisure Centre all paces 3 – 4 miles
22/08/24	Light Structured Social Run	Martin H Linda H	Improvers & Returners Steady run
27/08/24	Structured Steady run Walk & Talk	Martin Various	Chairmans Choice 5 – 7 miles from Leisure Centre all paces 3 – 4 miles
29/08/24	Light Structured Social Run	Martin H Linda H	Improvers & Returners Steady run
03/09/24	The Eddie Knapp Challenge – Day 1	Race	Hill race Carnaby. Meet at Ferns Farm for a 6.45 pm start
04/09/24	The Eddie Knapp Challenge – Day 2	Race	5km beach race. Meet at lifeguard station down slope from park and ride. 6.45 pm start
05/09/24	The Eddie Knapp Challenge – Day 3	Race	1 mile race Beaconsfield Prom. Meet at Constable Handicap start for first race at 6.45 pm
06/09/24	The Eddie Knapp Challenge – Day 4	Race	Kilham 10km. Kilham village hall. Last race of summer league. Bring food for after. 6.30 pm start
10/09/24	Structured Steady run Walk & Talk	Martin Various	2 x (4h,3r) + 3 x (4h,2r) 5 – 7 miles from Leisure Centre all paces 3 – 4 miles
12/09/24	Light Structured Social Run	Martin H Linda H	Improvers & Returners Steady run
17/09/24	Structured Steady run Walk & Talk	Martin Various	6 x (2h,1r) x 2 with 3 mins between sets 5 – 7 miles from Leisure Centre all paces 3 – 4 miles
19/09/24	Light Structured Social Run	Martin H Linda H	Improvers & Returners Steady Run
24/09/24	Structured Steady run Walk & Talk	Martin Various	Chairmans Choice 5 – 7 miles from Leisure Centre all paces 3 – 4 miles
26/09/24	Light Structured Social Run	Martin H Linda H	Improvers & Returners Steady Run

01/10/24	Structured Steady run Walk & Talk	Martin Various	Kenyan Hills but in Brid! (5 min effort 3 min static recovery) x 4 5 – 7 miles from Leisure Centre all paces 3 – 4 miles
03/10/24	Light Structured Social Run	Martin H Linda H	Improvers & Returners Steady Run
08/10/24	Structured Steady run Walk & Talk	Martin Various	7 x 2H, 2R & 7X1H,1R 5 – 7 miles from Leisure Centre all paces 3 – 4 miles
10/10/24	Light Structured Social Run	Martin H	Improvers & Returners
15/10/24	Structured Steady run Walk & Talk	Martin Various	3 x 3, 4 x2, 5 x 1 same recovery 5 – 7 miles from Leisure Centre all paces 3 – 4 miles
17/10/24	Light Structured Social Run	Martin H Linda H	Improvers & Returners Steady Run
22/10/24	Structured Steady run Walk & Talk	Martin Various	3 min out and back x 4 with 2 min static rest between efforts 5 – 7 miles from Leisure Centre all paces 3 – 4 miles
24/10/24	Light Structured Social Run	Martin H Linda H	Improvers & Returners Steady Run
29/10/24	Structured Steady run Walk & Talk	Martin Various	Chairmans Choice 5 – 7 miles from Leisure Centre all paces 3 – 4 miles
31/10/24	Light Structured Social Run	Martin H Linda H	Improvers & Returners Steady Run

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

Please ensure that you have completed a health screening form prior to taking part in a training session

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

INTERVALS

The interval 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 warm down