

<b>DATE</b>	<b>Session</b>	<b>Leader</b>	<b>Description</b>
07/11/23	Structured Steady run Walk &Talk	Martin Various Various	Ted Rodgers 3,2,1,1,2,3 x 2 5 – 7 miles 3 – 4 miles
09/11/23	Improvers & Returners Social Run	Martin H Linda	
14/11/23	Structured Steady run Walk &Talk	Martin Various Various	5 x (1H,1R) + 2 x (3H,1R,3H,1R,3H) 5 – 7 miles 3 – 4 miles
16/11/23	Improvers & Returners Social Run	Martin H Linda	
21/11/23	Structured Steady run Walk &Talk	Martin Various Various	Kenyan Hills 5 – 7 miles 3 – 4 miles
23/11/23	Improvers & Returners Social Run	Martin H Linda	
28/11/23	Structured Steady run Walk &Talk	Martin Various Various	Chairmans Choice 5 – 7 miles 3 – 4 miles
30/11/23	Improvers & Returners Social Run	Martin H Linda	
05/12/23	Structured Steady run Walk &Talk	Martin Various Various	6 x (2H, 2R) + 6 x (2H,1R) 5 – 7 miles 3 – 4 miles
07/12/23	Improvers & Returners Social Run	Martin H Linda	
12/12/23	Structured Steady run Walk &Talk	Martin Various Various	2 x (4H, 2R) + 3 x (3H, 2R) 5 – 7 miles 3 – 4 miles
14/12/23	Improvers & Returners Social Run	Martin H Linda	
19/12/23	Structured Steady run Walk &Talk	Martin Various Various	Chairmans Choice 5 – 7 miles 3 – 4 miles
21/12/23	Improvers & Returners Social Run	Martin H Linda	
28/12/23	Improvers & Returners Social Run	Martin H Linda	
02/01/24	Structured Steady run Walk &Talk	Martin Various Various	Fartlek over 5 -6 miles 5 – 7 miles 3 – 4 miles
04/01/24	Improvers & Returners Social Run	Martin H Linda	
09/01/24	Structured	Martin	2 x (6H, 3R, 4H,2R, 2H,1R)

	Steady run Walk &Talk	Various Various	5 – 7 miles 3 – 4 miles
11/01/24	Improvers & Returners Social Run	Martin H Linda	
16/01/24	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
18/01/24	Improvers & Returners Social Run	Martin H Linda	
23/01/24	Structured Steady run Walk &Talk	Martin Various Various	Chairmans Choice 5 – 7 miles 3 – 4 miles
25/01/24	Improvers & Returners Social Run	Martin H Linda	
30/01/24	Structured Steady run Walk &Talk	Martin Various Various	2 x (12 x 1H,1R) 3 mins R between sets 5 – 7 miles 3 – 4 miles

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

### **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 warm 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!