

<b>DATE</b>	<b>Session</b>	<b>Leader</b>	<b>Description</b>
07/05/19	Steady run	Various	5 – 7 miles from Leisure Centre all paces
09/05/19	Away Run Steady run	Various	Millington 5 – 7 miles from Leisure Centre all paces
12/05/19	Beverley 10km	Race	Beverley
14/05/19	EHH Summer League Steady run	Race Various	East Park 4 miles 5 – 7 miles from Leisure Centre all paces
16/05/19	Steady run	Various	5 – 7 miles from Leisure Centre all paces
21/05/19	Interval Steady run	Martin Various	5 x 2 mins 1 min recovery all paces 5 – 7 miles from Leisure Centre all paces
23/05/19	BRR Summer Challenge Steady run	Race Various	Carnaby Canter 5 – 7 miles from Leisure Centre all paces
28/05/19	EHH Summer League Steady run	Race Various	Leven 10k 5 – 7 miles from Leisure Centre all paces
30/05/19	Steady Run	Various	5 – 7 miles from Leisure Centre all paces
02/06/19	BRR Summer Challenge	Race	Top of the Wolds 10k
04/06/19	Steady run Interval	Various Martin	5 – 7 miles from Leisure Centre all paces 4 – 5 mile Fartlek all paces
06/06/19	Away Run Steady run	Various	TBC 5 – 7 miles from Leisure Centre all paces
11/06/19	EHH Summer League Steady run	Race Various	Sproatley 7 5 – 7 miles from Leisure Centre all paces
13/06/19	Steady run	Various	5 – 7 miles from Leisure Centre all paces
14/06/19	BRR Summer Challenge	Race	Sledmere 10k
18/06/19	Steady run Interval	Various Martin	5 – 7 miles from Leisure Centre all paces Kenyan Hills ....but in Brid!!
20/06/19	Away Run Steady run	Anthony Various	Burton Agnes 5 – 7 miles from Leisure Centre all paces
25/06/19	EHH Summer League Steady run	Race Various	Coniston 10k 5 – 7 miles from Leisure Centre all paces
27/06/19	Steady run	Various	5 – 7 miles from Leisure Centre all paces
02/07/19	Steady run Interval	Various Martin	5 – 7 miles from Leisure Centre all paces 1,2,3,3,2,1 Intervals
04/07/19	Away Run Steady run	Various	Flamborough 5 – 7 miles from Leisure Centre all paces
09/07/19	EHH Summer League Steady run	Race Various	Skirlaugh 8 5 – 7 miles from Leisure Centre all paces
11/07/19	Steady run	Various	5 – 7 miles from Leisure Centre all paces

12/07/19	BRR Summer Challenge	Race	Walkington 10km
16/07/19	Steady run Interval	Various Martin	5 – 7 miles from Leisure Centre all paces Paarluuf
18/07/19	Away Run Steady run	Various	Driffield with picnic! 5 – 7 miles from Leisure Centre all paces
23/07/19	EHH Summer League Steady run	Race Various	Hedon 4 5 – 7 miles from Leisure Centre all paces
25/07/19	Steady run	Various	5 – 7 miles from Leisure Centre all paces
27/07/19	BRR Summer Challenge	Race	Sewerby Park Run
30/07/19	Steady run Interval	Various Martin	5 – 7 miles from Leisure Centre all paces 5 x 2 min 2 min recovery

## **All evening runs will start at 18.30 from the Leisure Centre**

### **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