

DATE	Session	Leader	Description
05/11/24	Structured Steady run Walk &Talk	Martin Various Various	Ted Rodgers 3,2,1,1,2,3 x 2 5 – 7 miles 3 – 4 miles
07/11/24	Improvers & Returners Social Run	Martin H Linda	
12/11/24	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
14/11/24	Improvers & Returners Social Run	Martin H Linda	
19/11/24	Structured Steady run Walk &Talk	Martin Various Various	Kenyan Hills 5 – 7 miles 3 – 4 miles
21/11/24	Improvers & Returners Social Run	Martin H Linda	
26/11/24	Structured Steady run Walk &Talk	Martin Various Various	Chairmans Choice 5 – 7 miles 3 – 4 miles
28/11/24	Improvers & Returners Social Run	Martin H Linda	
03/12/24	Structured Steady run Walk &Talk	Martin Various Various	6 x (2H, 2R) + 6 x (2H,1R) 5 – 7 miles 3 – 4 miles
05/12/24	Improvers & Returners Social Run	Martin H Linda	
10/12/24	Structured Steady run Walk &Talk	Martin Various Various	2 x (4H, 2R) + 3 x (3H, 2R) 5 – 7 miles 3 – 4 miles
12/12/24	Improvers & Returners Social Run	Martin H Linda	
17/12/24	Structured Steady run Walk &Talk	Martin Various Various	Fartlek over 5 -6 miles 5 – 7 miles 3 – 4 miles
19/12/24	Improvers & Returners Social Run	Martin H Linda	
02/01/25	Improvers & Returners Social Run	Martin H Linda	
07/01/24	Structured Steady run Walk &Talk	Martin Various Various	Chairmans Choice 5 – 7 miles 3 – 4 miles
09/01/25	Improvers & Returners Social Run	Martin H Linda	
14/01/25	Structured	Martin	3 mins out and back x 4 with 2 min static

	Steady run Walk &Talk	Various Various	between sets 5 – 7 miles 3 – 4 miles
16/01/25	Improvers & Returners Social Run	Martin H Linda	
21/01/25	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
23/01/25	Improvers & Returners Social Run	Martin H Linda	
28/01/25	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
30/01/25	Improvers & Returners Social Run	Martin H Linda	

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!