

BeaRCat Running Club - April 2019 Running Sessions

Date	Session		Route	Notes
Wed 3rd	45 mins - Session TBC	All welcome - Inters Group & Novice Group	Turks Head, 7:15pm start. Sign-in from 7:00pm	
Sunday 7th	Distance - Marathon Taper	Easy paced Kew loop	Over Richmond Bridge, left onto Richmond riverside past Kew Gardens, over Kew Bridge, left along Brentford High Street/Riverside, Sion Park, Isleworth and home. Novice groups - Full loop or out and back (turning back at half time) Run/walk and walk - Riverside towards Kew Gardens, turn back at half time	*SOCIAL MILE before running club. 7:45am. Turks Head. Caitlin away
Sunday 14th	Mixed Session	3 intervals, 1 hill, half pyramid 3 x (1min interval/1min recovery); 1 hill; half pyramid: (1min/1min rec, 2min/2min rec, 5min/2min rec)	Inters 1 & 2 - Over Twick Bridge, Intervals in ODP; Church Street hill; L at top past the View, down Star and Garter, Pyramid along Riverside, Richmond Lock and home. Inters 3 & 4 - Over Twick Bridge, R onto Riverside, L past the Swan to Richmond Green for intervals; Richmond Hill; Down Terrace Gardens, R onto riverside for pyramid and home. Novice 1-3, Run/Walk, Walk - Richmond Bridge, riverside towards Marble Hill / Naked ladies. Home	Brighton & Paris marathons. Caitlin away
Wed 17th	45 mins - Session TBC	All welcome - Inters Group & Novice Group	Turks Head, 7:15pm start. Sign-in from 7:00pm	
Sunday 21st	Easter Loops	Social loops followed by breakfast - bring something to share	Route on the day. 2 mile loops - do as many loops as you like	EASTER SUNDAY
Sunday 28th	Distance - Pace Step-Up	Inters 1-4: 10mins easy, 20mins @half marathon pace, 15mins@10km pace, 10mins @5km+ pace. c/d (10-15mins). Novice 1-3, Run/Walk, Walk : w/u (10-15mins). 15 mins easy, 10 mins moderate, 5 mins brisk. c/d (10-15mins).	Riverside, Petersham gate into Richmond Park to Ham Gate Riverside towards Ham House car park	London Marathon