

BeaRCat Running Club - April 2020 Running Sessions

Date	Session			Route	Notes
WEDNESDAY 1st	45 mins - Session TBC	All welcome - Inters Group & Novice Group		Turks Head, 7:15pm start. Sign-in from 7:00pm	
Sunday 5th	HILLS / INTERVALS	Inters & Novice 1: Hills	Hills - JR Corkscrew	Petersham Rd, UP Star & Garter, DOWN Terrace Gdns, UP Nightingale, DOWN Terrace Gdns, UP View. Down Richmond Hill and home.	TURKS HEAD
		Novice 2-3: Intervals	4-6 x (2min brisk, 30sec at 80% max, 2.5min recovery).	Richmond Riverside (Tide Tables past Gauchos)	
		Run/Walk, Walk: Intervals	4 x (5min brisk, 5min recovery).	Twickenham Riverside	
Sunday 12th	EASTER SPECIAL	Run followed by baps at the Turks Head £7 to include bap and engraved Easter MEDAL!!		Routes on the day - 4 mile and 6 mile options	TURKS HEAD Sign up with Caitlin/FB
WEDNESDAY 15th	45 mins - Session TBC	All welcome - Inters Group & Novice Group		Turks Head, 7:15pm start. Sign-in from 7:00pm	
Sunday 19th	PYRAMIDS	Warm up and cool down - 10-15mins easy		Inters: Richmond Riverside towards Ham House car park	TURKS HEAD (Brighton Marathon)
		Intervals (interval/jog recovery):		Novice: Twickenham Riverside	
		1min/1min, 2min/2min, 3min/2min, 5min/2min, 3min/2min, 2min/2min, 1min/1min		Run/Walk & Walk: Richmond Riverside towards Kew	
Sunday 26th	Hills	Hills 321		Inters 1-3: 3x Richmond Hill, 2x View Hill, 1x Nightingale	TURKS HEAD (London Marathon)
				Inters 4, Novice 1: 3x Nightingale, 2x Star and Garter, 1x Richmond Hill	
				Novice 2 & 3, Run/Walk/Walk: 3x Half of Richmond Hill, 2x Half Nightingale, 1x full Star and Garter	
WEDNESDAY 29th	45 mins - Session TBC	All welcome - Inters Group & Novice Group		Turks Head, 7:15pm start. Sign-in from 7:00pm	Friday May 1st: Post-marathon social drinks at Turks Head. FB/Caitlin for details