

BeaRCat Running Club - February 2019 Running Sessions

Date	Session		Route	Notes
Sunday, February 3rd	TWO LONG INTERVALS	Inters 1-4: w/u. 10min at 10km-5km pace, 5min easy, 10min at 10km-5km pace. c/d.	Crown Rd, Richmond Road, Twick Green R side, Meadway, into Crane Park - intervals in Crane Park - then easy home. (Turn back after 25-30mins).	<i>*SOCIAL MILE before running club. 7:45am. Turks Head.</i>
		Novice 1-3, Run/Walk, Walk: w/u (10-15mins). 10min at brisker pace, 5min recovery, 10min at brisker pace. c/d (10-15mins).	Crown Road, Richmond Road, round Twickenham Green twice and back.	
WEDNESDAY, February 6th	45 mins - Session TBC	All welcome - Inters Group & Novice Group	Turks Head, 7:15pm start. Sign-in from 7:00pm	
Sunday, February 10th	DISTANCE	**RICHMOND PARK** <u>Meet at Pembroke Lodge Car Park</u>	Inters 1-4: Tamsin Trail (7.4miles)	NOT at TURKS HEAD! (Rugby - 6 Nations , Twickenham)
			Novice 1-3: Left on road at Ham X, past Ballet School to roundabout. Back to start via Sawyers Hill (4.3miles)	
			Run/Walk & Walk: Down to Sheen Gate, R to roundabout, back to start via Sawyers Hill (4 miles)	
Sunday, February 17th	HILL REPEATS / DISTANCE	Inters 1-4 Hill reps: Run easy to your hill. Reps: run up for 2mins (5km effort or harder) , jog down for 1min. Repeat 6-8 times. Loop back at the top if you get there before the end.	Inters 1-2: Twick Bridge, A316 to Richmond, Church Rd to lights then L on A305 to bottom of Queens Rd (~15mins). Repeats on Queens Road (past Lass O'Richmond Hill pub) (18-24mins). Home (~15mins)	<i>Richmond Half - avoid Richmond side riverside</i>
			Inters 3-4: Twick Bridge, A316 to Richmond, Church Rd (~15mins). Repeats on Church Road (after the lights) (18-24mins). Home (~15mins)	
		Novice 1-3, Run/Walk, Walk: Distance	Crown rd, Past Orleans School, Onto Riverside at Eel Pie Island, Back to Richmond Bridge and home.	
WEDNESDAY, February 20th	45 mins - Session TBC	All welcome - Inters Group & Novice Group	Turks Head, 7:15pm start. Sign-in from 7:00pm	
Sunday, February 24th	PACE STEP-UP	Inters 1-4: 15mins easy, 15mins @half marathon pace, 10mins@10km pace, 5mins @5km+ pace. c/d (10-15mins).	Riverside, Petersham gate into Richmond Park to Ham Gate	<i>Men's Health Talk by Faisal after the run (Turks Head)</i>
		Novice 1-3, Run/Walk, Walk : w/u (10-15mins). 15 mins easy, 10 mins moderate, 5 mins brisk. c/d (10-15mins).	Riverside towards Ham House car park	