

**BearCat Running Club - February 2020 Running Sessions**

Date	Session		Route	Notes
Sunday, February 2nd	<b>Club Shut</b>	Club shut for BearCat outing to Thorpe & Egham 10k and Half Marathon		<b>CLUB SHUT / Richmond Park Informal Run</b>
	<b>Social run, Richmond Park</b>	Informal social run in Richmond Park - Meet at Pembroke Lodge Car Park for 8:30am start. Groups and routes on the day. <b>All welcome!</b>		
WEDNESDAY, February 5th	45 mins - Session TBC	All welcome - Inters Group & Novice Group	Turks Head, 7:15pm start. Sign-in from 7:00pm	
Sunday, February 9th	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	BACK AT TURKS HEAD
		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	
Sunday, February 16th	DISTANCE & Pie!	Inters 1-4: Crane Park	Run to Crane Park via Moormead Park and new path opposite Twickenham Station. Through Kneller Gardens and into Crane Park. Turn back at Half time.	BACK AT TURKS HEAD <i>Slice of free pie after the run!</i> <i>Pre-order pies for home with Caitlin.</i>
		Novice 1-3, Run/Walk, Walk: Kneller Gardens	Moormead Park, Twickenham Station, follow new path to Kneller Gardens, round Kneller Gardens and back.	
WEDNESDAY, February 19th	45 mins - Session TBC	All welcome - Inters Group & Novice Group	Turks Head, 7:15pm start. Sign-in from 7:00pm	
Sunday, February 23rd	DISTANCE with caterpillars	<b>*** BUSHY PARK ***</b>	Inters 1-4: Through Bushy Park and Hampton Court to river, along path to Kingston Bridge. Back into Bushy Park (or Home Park) and back to Pheasantry	Richmond Half, Richmond Park Half
		Meet at Pheasantry Car Park	Novice 1-3, R/W, W: As Inters, turning back at half time. OR A loop in the Park - leaders' choice	