

**BeaRCat Running Club - January 2019 Running Sessions**

Date	Session			Route	Notes
Sunday, January 6th	SOCIAL LOOPS	2 mile loops		Twickenham Bridge, Ducks Walk, Riverside past Marble Hill Park, Orleans Rd, Crown Rd. Second loop - run reverse route.	<i>*SOCIAL MILE before running club. 7:45am. Turks Head.</i>
Sunday, January 13th	HILLS / INTERVALS	Inters 1-2: Intervals	8 x 800m (2min recovery)	Ranelagh Drive / Riverside (Gaucho side)	
		Inters 3-4: Intervals	6 x 800m (2min recovery)	Riverside (Marble Hill side)	
		Novice 1-3, Run/Walk, Walk: Hills	2-3 Hills	Richmond Hill, Nightingale, View.	
WEDNESDAY, January 16th	45 mins - Session TBC	All welcome - Inters Group & Novice Group		Turks Head, 7:15pm start. Sign-in from 7:00pm	<i>Followed by Jess' 'leaving' (for 11 wks) drinks</i>
Sunday, January 20th	DISTANCE	Out and back (turn back after 25-30mins)		Inters 1-4: Riverside, Petersham Gate into Richmond park to Ham Crossing etc.	<i>POINT3 Wellbeing Mindfulness class 9:45-10:30am. £3-£5 donation to Down Syndrome Swimming GB</i>
				Novice 1-3, Run/Walk, Walk: Riverside, Petersham, Ham House car park	
Sunday, January 27th	HILLS / INTERVALS	Inters 1-4: Hills	Hills - JR Corkscrew	Petersham Rd, UP Star & Garter, DOWN Terrace Gdns, UP Nightingale, DOWN Terrace Gdns, UP View. Down Richmond Hill and home (via Richmond Lock, Ailsa Tav Inters 1-2).	
		Novice 1-2: Intervals	4-6 x (2min brisk, 30sec at 80% max, 2.5min recovery).	Riverside (Gaucho side)	
		Novice 3, Run/Walk, Walk: Intervals	4 x (5min brisk, 5min recovery).	Riverside (Marble Hill side)	