

BeaRCat Running Club - June2019 Running Sessions

Date	Session		Route	Notes
Sunday 2nd	10km Pacing (or run easy)	**BUSHY PARK** meet at Pheasantry Car Park w/u. 20mins at 10km pace. c/d. (or option to run easy)	Inters 1-4: Towards Walton (out and back)	*SOCIAL MILE before running club. 7:45am. GOODY BAG PACKING
			Novice 1-3, Run/Walk, Walk: Towards Kingston (out and back)	
Wed 5th	45 mins - Session TBC	All welcome - Inters Group & Novice Group	Turks Head, 7:15pm start. Sign-in from 7:00pm	
**** TURKS HEAD 10km ****				
Sunday 16th	Distance	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	Caitlin away
			Novice groups - choice of full loop or out and back, turning back at half time	
			Run/walk and walk - Riverside past Kew Gardens, turn back at half time	
Wed 19th	45 mins - Session TBC	All welcome - Inters Group & Novice Group	Turks Head, 7:15pm start. Sign-in from 7:00pm	
Sunday 23rd	Distance w/ caterpillars	Distance with Caterpillars	Inters 1-4: Run to Crane Park, Caterpillars in Crane Park, Run home	
			Novice 1-3, Run/Walk, Walk: Run to Twickenham Green, caterpillars round the Green, run home	
Sunday 30th	Hills	Hills 321	Inters 1-3: 3x Richmond Hill, 2x View Hill, 1x Nightingale	
			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	