

**BeaRCat Running Club - March 2020 Running Sessions**

Date	Session			Route	Notes
Sunday 1st	SOCIAL LOOPS	3 mile loops - run as many as you like!		TURKS HEAD - Route on the day	<b>**MENOPAUSE TALK** by Claire Islam after the run</b>  Clothes Exchange in Afternoon
<b>WEDNESDAY 4th</b>	45 mins - Session TBC	All welcome - Inters Group & Novice Group		Turks Head, 7:15pm start. Sign-in from 7:00pm	
Sunday 8th	DISTANCE	Riverside - Kew / Isleworth		Inters 1-4: Kew Loop (11km) - Twick Bridge, Riverside to Kew Bridge, Brentford, Through Sion Park, Isleworth new riverside path and back Novice 1-3: Whole Loop as Inters or Kew Riverside turning back at half time - Leaders' choice Run/Walk & Walk: Isleworth riverside new path, into Sion Park. Turn back at half time.	<b>TURKS HEAD</b>  (Richmond Park Half)
Sunday 15th	DISTANCE	<b>**RICHMOND PARK**</b>  <u>Meet at Pembroke Lodge Car Park</u>		Inters 1-4: Tamsin Trail (7.4miles) Novice 1-3: Left on road at Ham X, past Ballet School to roundabout. Back to start via Sawyers Hill (4.3miles) or Sheen Gate and Tamsin Trail (5 miles) Run/Walk & Walk: Tamsin Trail to Sheen gate, right and up Sawyers Hill (4miles)	<b>RICHMOND PARK</b>
<b>WEDNESDAY 18th</b>	45 mins - Session TBC	All welcome - Inters Group & Novice Group		Turks Head, 7:15pm start. Sign-in from 7:00pm	
Sunday 22nd	DISTANCE	Kneller Gardens / Crane Park - out and back		Inters 1-4: 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. Novice 1-3, R/W, Walk: Moormead Park, Twickenham Station, follow new path to Kneller Gardens, round Kneller Gardens and back.	<b>TURKS HEAD</b>  (Richmond Half & 10km - avoid ODP / Richmond Riverside)
Sunday 29th	HILLS / INTERVALS	Inters 1-3: Intervals	8 x 800m (2min recovery)	Ranelagh Drive / St Peter's Road	<b>TURKS HEAD</b>  (Clocks change)
		Inters 4 & Novice 1: Intervals	6 x 800m (2min recovery)	Richmond Riverside (Richmond Bridge to Petersham Meadows)	
		Novice 2 & 3, Run/Walk, Walk: Hills	3 Hills	Over Richmond bridge, UP Richmond Hill, DOWN Terrace Gdns, UP Nightingale, DOWN Terrace Gdns, UP View. Down Richmond Hill and home	