

BeaRCat Running Club - May 2019 Running Sessions

Date	Session		Route	Notes
Wed 1st	45 mins - Session TBC	All welcome - Inters Group & Novice Group	Turks Head, 7:15pm start. Sign-in from 7:00pm	
Sunday 5th	Distance	RICHMOND PARK - meet at Pembroke Lodge car park	Inters 1-4: Tamsin Trail (7.4miles)	<p>*SOCIAL MILE before running club. 7:45am.</p> <p>Caitlin away</p> <p>Bank Hol w/e Rugby</p>
			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: Sheen gate, Sawyers Hill (4miles)	
Sunday 12th	Hill Loops	<p>Loops of Two Hills:</p> <p>w/u to bottom of first hill. Run up the first hill then jog/recover along to the second hill and down to the bottom. Immediately turn and run back up the second hill then jog along to first hill and down to the bottom. Recover at the bottom of the first hill for 2 mins. Repeat.</p>	Inters 1-2: Church Road (from the lights) & Star and Garter. 3 loops (6 hills)	
			Inters 3-4: Terrace Gardens & Nightingale. 2-3 loops (4-6 hills)	
			Novice 2-3: Richmond Hill & The View. 2 loops (4 hills)	
			Run/Walk & Walk: Richmond Hill & Terrace Gardens. 1-2 loops (2-4 hills).	
Wed 15th	45 mins - Session TBC	<p>**HELHING Start and Finish**</p> <p>All welcome - Inters, Novice, Run/Walk & Walk Groups</p>	HELHING , 7:15pm start. Sign-in from 7:00pm	Sign-up with Caitlin in advance if you are joining us for food following the run
Sunday 19th	10 km Pacing	w/u. 3 x (5min @ 10km pace (or brisk pace) / 5 min easy). c/d	Riverside towards Kew, turn back at half time	Green Belt Relay
Sunday 26th	Pyramids	<p>BUSHY PARK - meet at Pheasantry car park</p> <p>w/u. 1min/1min, 2min/1min, 3min/2min, 2min/1min, 1min/1min. c/d (Intervals at 70-80% effort. Jog recovery)</p>	Inters 1-4: towards Kingston, out and back	Bank Hol w/e
			Novice 1-3, Run/Walk, Walk: towards Walton, out and back	<p>Caitlin away</p> <p>Rugby Sevens</p>