

## BearCat Running Club - September 2019 Running Sessions

Date	Session			Notes
Sunday 1st	Distance	Kew / Isleworth Riverside Loop	Inters 1-4: Riverside to Richmond Bridge, Left along river past Kew Gardens, Over Kew Bridge, Left along Riverside/Brentford High Street, through Sion Park, Isleworth (New Riverside Path).	<p><b>*SOCIAL MILE before running club. 7:45am.</b></p> <p><b>2 Hour Walk</b></p>
			Novice 1-3, Run/Walk & Walk: Reverse of Inters route. Whole loop or turning back at half time.	
			2 hour Walk: Riverside towards Chiswick	
Wed 4th	45 mins - Session TBC	All welcome - Inters Group & Novice Group	Turks Head, 7:15pm start. Sign-in from 7:00pm	
Sunday 8th	Hills / Distance + Pace	Inters 1-4: Hills: JR Corkscrew	Petersham Rd, UP Star & Garter, DOWN Terrace Gdns, UP Nightingale, DOWN Terrace Gdns, UP View. Down Richmond Hill and home	<p><i>Richmond Park Duathlon, Stragglers River Relay</i></p>
		Novice 1-3 / Run/Walk & Walk: Distance/Pace: Warm up/easy (15 mins), Brisk (15 mins), Easy home	Riverside towards Ham House car park (out and back - turn back at half time)	
Sunday 15th	Distance with Intervals	Inters 1-4: 3-5 x Intervals around Kneller Gardens (800m), 2 min recovery.	Run to Kneller Gdns (A316, London Rd, Craneford Way/Stoop 1.8mi). Intervals around Kneller Gdns, run easy home	<p><i>Richmond Running Fest</i></p>
		Novice 1-3: 3 x Briskly around Twickenham Green (800m), 2 min recovery.	Twickenham Riverside, Heath Road. Intervals around Twickenham Green. Run easy home.	
		Run/Walk & Walk: Warm up (15mins), 3 x 5mins Brisk, Easy home.	Twickenham Riverside, Heath Road, Twickenham Green and home	
Wed 18th	45 mins - Session TBC	<p><b>**HEI HING Start and Finish**</b></p> <p>All welcome - Inters Group &amp; Novice Group</p>	HEI HING, 7:15pm start. Sign-in from 7:00pm	<p><i>*Sign-up with Caitlin in advance if you are joining us for food following the run*</i></p>
Sunday 22nd	Hills / Distance + pace	Inters 1-4: Distance/Pace: Warm up/easy (15 mins), 10K+ Pace (20 mins), Easy home	Riverside, Petersham gate into Richmond Park to Ham Gate (out and back - turn back at half time)	<p><b>1.5 - 2 Hour Walk</b></p> <p><i>Beat the Boat</i></p>
		Novice 1-3 / Run/Walk & Walk: Hills: JR Corkscrew	Petersham Rd, UP Star & Garter, DOWN Terrace Gdns, UP Nightingale, DOWN Terrace Gdns, UP View. Down Richmond Hill and home	
Sunday 29th	Distance / Cabbage Patch Pr	Twickenham - Roads/Flat	<p>Inters 1-2: Twick Riverside, Cross Deep, Strawberry Vale, Teddington High St, Stanley Rd, Sixth Cross Rd, Stains Rd, Twick Green, Heath Rd, Crown Rd (12.5km/7.7mi)</p> <p>Inters 3-4: Twick Riverside, Cross Deep, Strawberry Vale, Teddington High St, Stanley Rd, Hampton Rd, Twick Green, Heath Rd, Crown Rd (11km/6.8mi)</p> <p>Novice 1-3, Run/Walk &amp; Walk: Twick Riverside, Heath Rd, RHS Twick Green, Meadway, Kneller Gardens. Out and Back (5.3miles or turn back at half time as appropriate)</p>	