THURSDAY NIGHT SESSIONS (JULY – DECEMBER 2025)

The new / returning to running (run-walk) group may do an alternative or adapted version

The format of any session may be altered depending on conditions e.g. weather

Date	Session Format	
Thu 05 Jun	Monthly 5k Timed Run (Summer Route)	
Thu 12 Jun	Fun Relays in Lavender Hall Park	
Thu 19 Jun	Summer trail run	
Thu 26 Jun	Hills!	
Thu 03 Jul	Monthly 5k Timed Run (Summer Route)	
Thu 10 Jul	Faster / slower circuits of Holly / Frog park	
Thu 17 Jul	Fartlek - groups arrange pace and distance for each segment (4 - 5 miles)	
Mon 21 Jul	Track session - Warwick Uni Athletics Track	
Thu 24 Jul	Themed run to tie in with Club Social / Charity event	
Thu 31 Jul	Drills and fun exercises at Lavender Hall Park	
Thu 07 Aug	Monthly 5k Timed Run (Summer Route)	
Thu 14 Aug	Fun Relays in Lavender Hall Park - Part Deux	
Thu 21 Aug	Parks - two reps of up Lavender Hall Park and down the Grange Park. Aim to run faster through parks and easy in between	
Thu 28 Aug	Cat and mouse (groups set off at intervals depending on pace and aim to capture group in front / avoid being chased down) (4 - 5 miles)	
Thu 04 Sep	Monthly 5k Timed Run (Summer Route)	
Thu 11 Sep	Meet and retreat. 5 mile route (G1 v G4, G2 v G3)	
Thu 18 Sep	Four parks - a route through Frog/Holly Lane, Willow, the Grange and LH Parks	
Thu 25 Sep	Pyramid - easy warm up then intervals of 1, 2, 3, 4, 3, 2, 1 mins at faster pace with 2 minute recovery in between, warm up and cool down	
Thu 02 Oct	Monthly 5k Timed Run (Winter Route)	
Thu 09 Oct	Single file run	
Thu 16 Oct	Out and back (21 minutes out and return faster)	
Thu 23 Oct	Hallmeadow out and backs	
Thu 30 Oct	Halloween Run (and quiz)	
Thu 06 Nov	Monthly 5k Timed Run (Winter Route)	
Thu 13 Nov	Pyramid - easy warm up then intervals of 1, 2, 3, 4, 3, 2, 1 mins at faster pace with 2 minute recovery in between, warm up and cool down	
Thu 20 Nov	4 - 5 mile village circular (plain vanilla run!)	
Thu 27 Nov	Hills	
Thu 04 Dec	Monthly 5k Timed Run (Winter Route)	
Thu 11 Dec	Christmas jumper jog	
Thu 18 Dec	Christmas run - taking in the best Xmas lights in the village	
Thu 25 Dec	No Club Session - Merry Christmas Everyone!	