



SCHEDULE - THURSDAY NIGHT SESSIONS (FEB – JUL 2025)

This schedule indicates format of runs for the running groups.

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

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

Date	Session Format
Thu 06 Feb	Monthly 5k Timed Run (Winter Route)
Thu 13 Feb	Hill reps (4 - 5 miles)
Thu 20 Feb	Wobbly Road double header - two reps of up Kenilworth Road and down Wobbly Road. Aim to run faster along Wobbly Road.
Thu 27 Feb	Out and back (21 minutes out and return faster)
Thu 06 Mar	Monthly 5k Timed Run (Winter Route)
Thu 13 Mar	Meet and retreat. 5 mile route (G1 v G4, G2 v G3)
Thu 20 Mar	Hallmeadow out and backs
Thu 27 Mar	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 03 Apr	Monthly 5k Timed Run (Summer Route)
Thu 10 Apr	Pyramid - easy warm up then intervals of 1, 2, 3, 4, 5, 4, 3, 2, 1 mins at faster pace with 2 minute recovery in between, warm up and cool down = 45 mins ...or something similar
Thu 17 Apr	Easter Themed Run
Thu 24 Apr	Single file run
Thu 01 May	Monthly 5k Timed Run (Summer Route)
Thu 08 May	Out and back (21 minutes out and return faster)
Thu 15 May	*** TBC *** Coincides with Ryton 5
Thu 22 May	Summer trail run
Thu 29 May	Hill reps (4 - 5 miles)
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	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 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)
Thu 24 Jul	4 - 5 mile village circular (plain vanilla run!)
Thu 31 Jul	Fun Relays in Lavender Hall Park - Part Deux