THURSDAY NIGHT SESSIONS (JANUARY – JUNE 2026)

This schedule indicates the 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 08 Jan	Monthly 5k Timed Run (Winter Route)
Thu 15 Jan	Hill reps (4 - 5 miles)
Thu 22 Jan	Wobbly Road double header - two reps of up Kenilworth Road and down Wobbly Road. Aim to run faster along Wobbly Road.
Thu 29 Jan	Out and back (21 minutes out and return faster)
Thu 05 Feb	Monthly 5k Timed Run (Winter Route)
Thu 12 Feb	Meet and retreat. 5 mile route (G1 v G4, G2 v G3)
Thu 19 Feb	Hallmeadow out and backs
Thu 26 Feb	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 05 Mar	Monthly 5k Timed Run (Winter Route)
Thu 12 Mar	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 19 Mar	Single File Run
Thu 26 Mar	Easter Themed Run
Thu 02 Apr	Monthly 5k Timed Run (Summer Route)
Thu 09 Apr	Out and back (21 minutes out and return faster)
Thu 16 Apr	Balsall Common "Pub Crawl"
Thu 23 Apr	Summer trail run
Thu 30 Apr	Hill reps (4 - 5 miles)
Thu 07 May	Monthly 5k Timed Run (Summer Route)
Thu 14 May	Fun Relays in Lavender Hall Park
Thu 21 May	Out and back (21 minutes out and return faster) OR Ryton 5
Thu 28 May	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 Jun	Monthly 5k Timed Run (Summer Route)
Thu 11 Jun	Faster / slower circuits of Holly / Frog park
Thu 18 Jun	Fartlek - groups arrange pace and distance for each segment (4 - 5 miles)
Thu 25 Jun	4 - 5 mile village circular (plain vanilla run!)