



## MIDWEEK SESSIONS (JULY – DECEMBER 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 02 Jul	Monthly 5k Timed Run (Summer Route)	
Thu 09 Jul	Hill reps (4 - 5 miles)	
Thu 16 Jul	Trails run	
Mon 20 Jul	Track session - Warwick Uni Athletics Track	
Thu 23 Jul	Out and back (21 minutes out and return faster)	
Thu 30 Jul	International Friendship Day Run	
Thu 06 Aug	Monthly 5k Timed Run (Summer Route)	
Thu 13 Aug	Relays or games in Lavender Hall Park	
Thu 20 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 27 Aug	Trails run	
Thu 03 Sep	Monthly 5k Timed Run (Summer Route)	
Thu 10 Sep	Single File Run	
Thu 17 Sep	Balsall Common "Pub Crawl"	
Mon 21 Sep	Track session - Warwick Uni Athletics Track	
Thu 24 Sep	Meet and retreat. 5 mile route (G1 v G4, G2 v G3)	
Thu 01 Oct	Monthly 5k Timed Run (Winter Route)	
Thu 08 Oct	Wobbly Road double header - two reps of up Kenilworth Road and down Wobbly Road. Aim to run faster along Wobbly Road.	
Thu 15 Oct	4 - 5 mile village circular (plain vanilla run!)	
Thu 22 Oct	Hill reps (4 - 5 miles)	
Thu 29 Oct	Halloween themed run - TBC	
Thu 05 Nov	Monthly 5k Timed Run (Winter Route)	
Thu 12 Nov	Out and back (21 minutes out and return faster)	
Thu 19 Nov	Fartlek (4 - 5 miles)	
Thu 26 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 03 Dec	Monthly 5k Timed Run (Winter Route)	
Thu 10 Dec	Christmas jumper jog	
Thu 17 Dec	Christmas run - taking in the best Xmas lights in the village	
Thu 24 Dec	No Club Session - Merry Christmas Everyone!	