

Tues, Thurs runs + Efforts sessions – 2nd to 30th August

All runs depart the leisure centre car park at 6:45pm .

These are suggested routes only, feel free to amend.

Runs are all listed in the BRR Google Calendar.

Maps of run routes are on BRR website and most are in the folder at the Leisure centre, by the notice board.

For Tuesday Efforts sessions please meet at the venue stated just before 6:45pm

If the meet point is NOT the leisure centre, you need to have done a good warm up run before the start of the session, ideally 10 -15mins +.

Date	Distance	Map No	(Meet point for efforts + Brief outline of session)
Tues 2 nd Aug	3 miles	30	
Tues 2 nd Aug	Efforts		Roll on recovery session on Greystones field + team games . Meet at leisure centre
Thurs 4 th Aug	3.3m, 5.1m, 7m or 10miles Lots of choice!!	Map 55 (7m) Map 56(5.1m) Map 26 (3.3m)	All routes start the same if run anticlockwise. For the 10m, join Gary &Derek for the ‘Golf course run which adds 3 miles onto Route 55 (Wardens Way from Upper Slaughter to Naunton then up/over the golf course to rejoin Route 55 at Harford Farm)
Tues 9 th Aug	3.3miles	Map 26	
Tues 9 th Aug	Efforts		Hill Pyramid . Meet in Upper Slaughter Square
Thurs 11 th Aug	5.4miles	Map 46	
Thurs 11 th Aug	3miles	Map 27	Same as longer run for first bit
Tues 16 th Aug	3miles	Map 27	
Tues 16 th Aug	Efforts		Fartlek. Meet at leisure Centre
Thur 18 th Aug	3.4miles	Map 21	Same as longer run for first 1.4miles
Thur 18 th Aug	5.4miles	Map 58	
Tues 23 rd Aug	3.4miles	Map 21	
Tues 23 rd Aug	Efforts		Pyramid along Marshmouth lane. Meet at leisure Centre
Thur 25 th Aug	3miles	Map 28	
Thur 25 th Aug	5.3miles	Map 44	
Tues 30 th Aug	3miles	Map 28	
Tues 30 th Aug	Efforts		2 x [6 x 400m ish,] @ Rye close/Lamberts Fields. Meet at Leisure Centre