

BRR Club runs +Efforts sessions – Nov - Dec 2023

These are suggested routes only, feel free to amend if the group agrees.

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

http://www.bourtonroadrunners.co.uk/members_library/training_routes.htm

The evenings are dark now .Please wear High Viz and lights to be seen on unlit country lanes

NEW ' Beyond C25k' Group run starting 7th November departing the leisure Centre every Tuesday and Thursday at 6pm . Approx 2.5 miles with Av pace 12:00 – 14:00 min /mile).

In addition: Wednesday BRR runs depart from Bourton Rovers football Pavilion at 9am.

Date	Distance	Map		Date	Distance	Map	
Thurs 2 nd Nov	5miles	48	Departs leisure centre @ 6:45pm	Thurs 30 th Nov	3.2miles	4	Departs leisure centre @ 6:45pm
Thurs 2 nd Nov	3.1miles	6	Departs leisure centre @ 6:45pm	Thurs 30 th Nov		61	Departs leisure centre @ 6:45pm
Fri 3 rd Nov	Efforts		Meet Tom @ Mangersbury, 9am 4 x 500m + hill sprints	Fri 1 st Dec	Efforts		Meet Tom @ Lower Slaughter, 9am
Tues 7 th Nov	3.1miles	6	Departs leisure centre @ 6:45pm	Tues 5 th Dec	Efforts		Meet Graham at the leisure centre for 5-7 hilly reps on lane off Buckle St
Tues 7 th Nov	Efforts		Meet Graham at leisure Centre for fartlek session	Tues 5 th Dec	3.2miles	4	Departs leisure centre @ 6:45pm
Thurs 9 th Nov	3.1miles	9	Departs leisure centre @ 6:45pm	Thurs 7 th Dec	3.3miles	7	Departs leisure centre @ 6:45pm
Thurs 9 th Nov	6.3miles	62	Departs leisure centre @ 6:45pm	Thurs 7 th Dec		41	Departs leisure centre @ 6:45pm
Fri 10 th Nov	Efforts		Meet Tom @ Lower Slaughter, 9am Fartlek session	Fri 8 th Dec	Efforts	5	Meet Tom @ Mangersbury, 9am
Tues 14 th Nov	Efforts		Meet Margaret at lower Slaughter, near the church for long and short hills at Kingswell.	Tues 12 th Dec	3.3miles	7	Departs leisure centre @ 6:45pm

Tues 14 th Nov	3.1miles	9	Departs leisure centre @ 6:45pm	Tues 12 th Dec	Efforts		Meet Margaret at the leisure Centre. Bow lane/Letch lane circuit (tempo pace) 4 x 200m sprints] repeated
Thurs 16 th Nov	3.1miles	10	Departs leisure centre @ 6:45pm	Thurs 14 th Dec	3miles	3	Departs leisure centre @ 6:45pm
Thurs 16 th Nov	Up to 6.3miles	43	Departs leisure centre @ 6:45pm	Thurs 14 th Dec	5 or 6+miles		Departs leisure centre @ 6:45pm Rissington Road, Leasow lane, Gt Rissington(lap of village?) and back. Turn at Newbridge lane junction for 5miles.
Fri 17 th Nov	Efforts		Meet Tom @ Mangersbury, 9am Kenyan hills	Fri 15 th Dec	Efforts		Meet Tom @ Lower Slaughter , 9am
Tues 21 st Nov	3.1miles	10	Departs leisure centre @ 6:45pm	Tues 19 th Dec			Tinsel Run: Xmas fancy dress Departs leisure centre @ 6:45pm
Tues 21 st Nov	Efforts		Meet Lorna at the leisure centre for 1km reps @ Mallard Crescent	Thurs 21 st Dec	3miles	1	Departs leisure centre @ 6:45pm
Thurs 23 rd Nov	3miles	8	Departs leisure centre @ 6:45pm	Thurs 21 st Dec	5 or 7miles	60	Departs leisure centre @ 6:45pm
Thurs 23 rd Nov	5 or 7.5miles	40	Departs leisure centre @ 6:45pm Turn at Newbridge Lane for 5miles	Fri 22nd Dec	Efforts		Meet Tom @ Mangersbury, 9am
Fri 24 th Nov	Efforts		Meet Tom @ Mangersbury, 9am for the 'Morgan' mile	Tues 26 th Dec	3 or 5.3miles	51	Departs leisure centre @ 6:45pm For Shorter Run, turn off in Lower Slaughter, taking short cut via Kingswell
Tues 28 th Nov	3miles	8	Departs leisure centre @ 6:45pm	Thurs 28 th Dec	3miles	3	Departs leisure centre @ 6:45pm Same as longer run to lay-by on Rissington Rd.
Tues 28 th Nov	Efforts		Meet Alan at the top of the Steeps for 2x[1,2,3,2,1) min intervals	Thurs 28 th Dec	5 miles	48	Departs leisure centre @ 6:45pm
				Fri 29 th Dec	Efforts		Meet Tom @ Mangersbury, 9am