

# Bourton Roadrunners

## Tuesday & Thursday Club runs + Tuesday and Friday Efforts sessions March 2024

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](http://www.bourtonroadrunners.co.uk/members_library/training_routes.htm)

**All Tuesday and Thursday sessions depart from leisure centre at 6:45pm unless stated in schedule.**

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

Beyond C25k' Group run 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.

Fri 1 <sup>st</sup> March	Efforts	Activation session + 300m reps	Meet Tom at Maugersbury
Tues 5 <sup>th</sup> March	Efforts	Bow Lane/Letch Lane	Meet Graham at Leisure centre
Tues 5 <sup>th</sup> March	3miles	Map 8	The Steeps, Whiteshoots, Lansdowne
Thur 7 <sup>th</sup> March	3miles	Map 8	Same as longer run to top of the Steeps
Thur 7 <sup>th</sup> March	5- 6 miles	Map43	Clapton , out and back
Fri 8 <sup>th</sup> March	Efforts	Kenyan Hills	Meet Tom at Maugersbury
Tues 12 <sup>th</sup> March	3.1miles	Map6	Cemetery Lane, Rye Close, Letch Lane, Lansdowne, Avenue
Tues 12 <sup>th</sup> March	Efforts	400m intervals (Venue tbd)	Meet Margaret at Leisure centre
Thur 14 <sup>th</sup> March	3.2 miles	Map 2	Marshmouth Lane
Thur 14 <sup>th</sup> March	5 (or 7 ) miles	Map 60	The Slaughters and optional Ballerina Hill
Fri 15 <sup>th</sup> March	Efforts	400m x 8	Due to unforeseen circumstances session cancelled. sorry for the short notice.
Tues 19 <sup>th</sup> March	3.2 miles	Map 2	Marshmouth Lane
Tues 19 <sup>th</sup> March	Efforts	Clapton Road intervals	Meet Alan at top of steeps

Thur 21 <sup>st</sup> March	3miles	Map 3	The Avenue, Rissington Rd, Clapton Row...
Thur 21 <sup>st</sup> March	5 miles	Map 48	Little Rissington
Fri 22 <sup>nd</sup> March	Efforts	600m x 6	Meet Tom at Mangersbury
Tues 26 <sup>th</sup> March	3miles	Map 3	The Avenue, Rissington Rd, Clapton Row...
Tues 26 <sup>th</sup> March	Efforts	Hill pyramids	Meet Graham at Upper Slaughter square
Thur 28 <sup>th</sup> March	3miles	Map 1	Roman way, Rye Close, Bow lane, Moore Rd
Thur 28 <sup>th</sup> March	6.3miles	Map 41	Buckle St, TR @ Xroads, Upper Slaughter.....
Fri 29 <sup>th</sup> March	Efforts	Pyramid sprint session	Meet Tom at Mangersbury

# Bourton Road Runners

## Tuesday & Thursday Beyond C25k sessions March 2024

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Tuesday March 5 <sup>th</sup>	Efforts	Leisure centre
Thursday March 7 <sup>th</sup>	Route 3 anti-clockwise	Leisure centre
Tuesday March 12 <sup>th</sup>	Route 4 clockwise	Leisure centre
Thursday March 14 <sup>th</sup>	Route 6	Leisure centre
Tuesday March 19 <sup>th</sup>	Route 5 anticlockwise	Leisure centre
Thursday March 21 <sup>st</sup>	Route 6	Leisure centre
Tuesday March 26 <sup>th</sup>	Route 1 clockwise	Leisure centre
Thursday March 28 <sup>th</sup>	Route 1 anticlockwise	Leisure centre

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