

Tues, Thurs runs + Efforts sessions – May 2022

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 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

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 +.

When we meet at the leisure centre a shorter warm up is Ok say, 5 -10 mins.

Date	Distance	Map No	(Meet point for efforts)
Tues 3 rd May I	Efforts		Leisure centre
Tues 3 rd May	3.5miles (or less)	21	
Thurs 5 th May	3miles	25	
Thurs 5 th May	5miles	57	
Friday 6 th May	Efforts		Meet at leisure centre for 9am start
Tues 10 th May	Efforts		Upper Slaughter square
Tues 10 th May	3miles	25	
Thurs 12 th May	3.3miles	26	
Thurs 12 th May	5 miles	52	
Friday 13 th May	Efforts		Meet at leisure centre for 9am start
Tues 17 th May	Efforts		Leisure centre
Tues 17 ^h May	3.3miles	26	
Thurs 19 th May	3 miles	28	
Thurs 19 th May	6.7miles	49	
Tues 24 th May	Efforts		Top of Steeps ///another.skims.curred
Tues 24 th May	3miles	28	
Thurs 26 th May	5.4 miles	46	
Thurs 26 th May	3miles	30	
Tues 31 st May	Efforts		Lane off Buckle St at top of hill ///soaks.someone.mega
Tues 31 st May	3miles	30	

