

## Tues, Thurs runs + Efforts sessions – 31<sup>st</sup> May - 30<sup>th</sup> June 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](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 31 <sup>st</sup> May	3miles	30	
Tues 31 <sup>st</sup> May	Efforts		Lane off Buckle St at top of hill ///soaks.someone.mega
Thurs 2 <sup>nd</sup> June	3miles	27	
Thurs 2 <sup>nd</sup> June	5.3miles	44	
Tues 7 <sup>th</sup> June	3miles	27	
Tues 7 <sup>th</sup> June	Efforts		Wyck Rissington, where Oxfordshire way joins the Wyck Riss lane. ///carriage.spit.mango
Thurs 9 <sup>th</sup> June	3.3miles	21	
Thurs 9 <sup>th</sup> June	5miles	50	
Tues 14 <sup>th</sup> June	Efforts		Leisure Centre
Tues 14 <sup>th</sup> June	3.3miles	21	
Thurs 16 <sup>th</sup> June	3.7miles	24	
Thurs 16 <sup>th</sup> June	7miles	55	
Tues 21 <sup>st</sup> June	3.7miles	24	
Tues 21 <sup>st</sup> June	Efforts		Leisure Centre
Thurs 23 <sup>rd</sup> June	3.3miles	26	
Thurs 23 <sup>rd</sup> June	5miles	57	
Tues 28 <sup>th</sup> June	3.3miles	26	
Tues 28 <sup>th</sup> June	Efforts		Leisure Centre
Thurs 30 <sup>th</sup> June	3miles	28	

Thurs 30 <sup>th</sup> June	5.3 miles	47	