

Tuesday and Thursday runs + Efforts sessions – 4th January - 1st February

All runs depart the leisure centre car park at 6:45pm . Please wear High Viz and think about lights to be seen. These are suggested routes only, feel free to amend providing your group agrees and you don't lose any one!

Maps of routes are on BRR website

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

For Tuesday Efforts sessions please meet at the venue stated just before 6:45pm having already done a warm up run of at least 10 -15mins. Friday effort sessions, meet at 9am at venue stated.

Date	Distance (approx)	Map No. / (Meet point for efforts)
Tue 4 th Jan	3miles	5
Tue 4 th Jan	Efforts	Meet Margaret at leisure centre for reps of Industrial Estate
Thur 6 th Jan	3miles	8
Thur 6 th Jan	6.3miles	41
Tue 11 th Jan	3miles	8
Tue 11 th Jan	Efforts	Meet Graham at top of hill along lane off Buckle St for hilly reps What 3 words ///trap.freely.fried
Thur 13 th Jan	3miles	1
Thur 13 th Jan	5miles	48
Fri 14 th January	Efforts	Meet Margaret at 9am near church in Lower Slaughter for session similar to Tues 11 th
Tue 18 th Jan	3miles	1
Tue 18 th Jan	Efforts	Meet Alan at leisure centre for session using Bow lane, Letch Lane loop + 200m ish sprints
Thur 20 th Jan	3.3miles	7
Thur 20 th Jan	5.3miles	51
Tue 25 th Jan	3.3miles	7
Tue 25 th Jan	Efforts	Meet Gary in Birdland Car Park for a Pyramid session using Rye close & Lamberts Field
Thur 27 th Jan	3.1miles	6
Thur 27 th Jan	7miles	61
Friday 28 th Jan	Efforts	Meet Margaret at leisure centre
Tue 1 st Feb	3.1miles	6

Tue 1st Feb

Efforts

Meet Margaret near the Church in
Lower Slaughter for a hill session
using Kingswell