

## Suggested Run Routes 6<sup>th</sup> April - 4<sup>th</sup> May

All include some cross country as it is relatively mud free at the moment. If we do get wet weather then routes will be subject to change!! All runs depart the leisure centre car park at 6:45pm.

Please self organise into groups of max size 6 and adhere to social distancing rules.

To simplify things I have made the Thursday short run be the same as the Tuesday run the following week. You could do it the other way round for variation?

<b>Date</b>	<b>Distance</b>	<b>Map link</b>
Tues 6 <sup>th</sup> April	3.5 miles (mixed Terrain)	<a href="http://www.bourtonroadrunners.co.uk/members_library/training_route_maps/cem_lane_lakes_riss_mill_lakes_greystones_fm.pdf">http://www.bourtonroadrunners.co.uk/members_library/training_route_maps/cem_lane_lakes_riss_mill_lakes_greystones_fm.pdf</a>
Thurs 8 <sup>th</sup> April	3.3miles (mixed Terrain)	<a href="http://www.bourtonroadrunners.co.uk/members_library/training_route_maps/windrush_way_lower_slaughter.pdf">http://www.bourtonroadrunners.co.uk/members_library/training_route_maps/windrush_way_lower_slaughter.pdf</a>
Thurs 8 <sup>th</sup> April	5miles (mixed terrain)	<a href="http://www.bourtonroadrunners.co.uk/members_library/training_route_maps/wyck_Rissy_little_Rissy_5m.pdf">http://www.bourtonroadrunners.co.uk/members_library/training_route_maps/wyck_Rissy_little_Rissy_5m.pdf</a>
Tues 13 <sup>th</sup> April	3.3miles (mixed Terrain)	<a href="http://www.bourtonroadrunners.co.uk/members_library/training_route_maps/windrush_way_lower_slaughter.pdf">http://www.bourtonroadrunners.co.uk/members_library/training_route_maps/windrush_way_lower_slaughter.pdf</a>
Thurs 15 <sup>th</sup> April	3.1miles (mixed terrain)	<a href="http://www.bourtonroadrunners.co.uk/members_library/training_route_maps/ave_windrush_way_back-of-birdland_football_field_lakes_greystones.pdf">http://www.bourtonroadrunners.co.uk/members_library/training_route_maps/ave_windrush_way_back-of-birdland_football_field_lakes_greystones.pdf</a>
Thurs 15 <sup>th</sup> April	5.2miles (mixed Terrain)	<a href="http://www.bourtonroadrunners.co.uk/members_library/training_route_maps/slaughters_eye_valley_out_&amp;_back.pdf">http://www.bourtonroadrunners.co.uk/members_library/training_route_maps/slaughters_eye_valley_out_&amp;_back.pdf</a>
Tues 20 <sup>th</sup> April	3.1miles (mixed terrain)	<a href="http://www.bourtonroadrunners.co.uk/members_library/training_route_maps/ave_windrush_way_back-of-birdland_football_field_lakes_greystones.pdf">http://www.bourtonroadrunners.co.uk/members_library/training_route_maps/ave_windrush_way_back-of-birdland_football_field_lakes_greystones.pdf</a>
Thurs 22 <sup>nd</sup> April	3 miles (mixed terrain)	<a href="http://www.bourtonroadrunners.co.uk/members_library/training_route_maps/oxford_way_wyck_riss_lane_slaughter_pike-ind_estate.pdf">http://www.bourtonroadrunners.co.uk/members_library/training_route_maps/oxford_way_wyck_riss_lane_slaughter_pike-ind_estate.pdf</a>
Thurs 22 <sup>nd</sup> April	5.1 miles (mixed terrain)	<a href="http://www.bourtonroadrunners.co.uk/members_library/training_route_maps/marshmouth_xc_to_riss_rd_rissy_mill_cem_lane_round_house.pdf">http://www.bourtonroadrunners.co.uk/members_library/training_route_maps/marshmouth_xc_to_riss_rd_rissy_mill_cem_lane_round_house.pdf</a>
Tues 27 <sup>th</sup> April	3 miles (mixed terrain)	<a href="http://www.bourtonroadrunners.co.uk/members_library/training_route_maps/oxford_way_wyck_riss_lane_slaughter_pike-ind_estate.pdf">http://www.bourtonroadrunners.co.uk/members_library/training_route_maps/oxford_way_wyck_riss_lane_slaughter_pike-ind_estate.pdf</a>
Thurs 29 <sup>th</sup> April	3.3 miles (mixed terrain)	<a href="http://www.bourtonroadrunners.co.uk/members_library/training_route_maps/windrush_way_lower_slaughter.pdf">http://www.bourtonroadrunners.co.uk/members_library/training_route_maps/windrush_way_lower_slaughter.pdf</a>
Thurs 29 <sup>th</sup> April	7miles (mixed terrain)	<a href="http://www.bourtonroadrunners.co.uk/members_library/training_route_maps/windrush_way_penny_lane_slaughters_7m.pdf">http://www.bourtonroadrunners.co.uk/members_library/training_route_maps/windrush_way_penny_lane_slaughters_7m.pdf</a>
Tuesday 4 <sup>th</sup> May	3.3 miles (mixed terrain)	<a href="http://www.bourtonroadrunners.co.uk/members_library/training_route_maps/windrush_way_lower_slaughter.pdf">http://www.bourtonroadrunners.co.uk/members_library/training_route_maps/windrush_way_lower_slaughter.pdf</a>

Tuesday Efforts sessions, meet at venue @6:45pm having already done a 10-15 min warm up

<b>Date</b>	<b>Meet at....</b>	<b>Run Route/ Session outline</b>
Tues 6 <sup>th</sup> April	Rissington Rd car park	Pyramid along Marshmouth Lane (200m,400m,800m) with shorter and longer options
Tues13 <sup>th</sup> April	Industrial estate, near mini2 x 6 x 90secs roundabout	
Tuesday 20 <sup>th</sup> April (Efforts)	Upper Slaughter car park	Hill Pyramid using 'Buildings' Hill and hill alongside allotments
Tuesday 27 <sup>th</sup> April (Efforts)	Wyck Rissington Sign entering village from west	2-3 x[1km @ target half marathon pace + 4 x400m fast]
Tuesday 4 <sup>th</sup> May	Lower Slaughter, near church	Fartlek