

Suggested Run Routes 6th April - 4th 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?

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

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

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