

RUN DIARY OCTOBER 2021 THROUGH TO MARCH 2022

ALL ROAD RUNS START FROM THE SPORTS HALL AT ST. JOHN'S SCHOOL

Monday nights we leave at 7pm and all run together at a steady pace for around 4 miles. There are extra loops for those that want a little more.

Wednesday is Club Night so wear the Mighty Green please.

6.55 Notices

7.00 Warm up

7.10 The various runs start:

3 mile

4 to 5 mile

Steady 6 mile

Intervals with Ben. Not on the 2nd Wednesday of each month.

Technical Sessions

7.15 Strength and Conditioning with Charlotte in the Sports Hall. Attendees will take part in the warm up at 7pm

Off Road Runs. Head torches must be worn.

Will take place on the 2nd Wednesday in the month with John and Ben and on the 4th Wednesday with Martin. Those who have registered for these runs will receive the start locations via email on the Mondays.

Sunday Runs. Those who have registered for these runs will receive the start locations via email.