

Bourton Roadrunners

Tuesday & Thursday Club runs + Tuesday and Friday Efforts sessions April 2024

These are suggested routes only, feel free to amend if the group agrees.

Maps of the 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

All Tuesday and Thursday sessions depart from leisure centre at 6:45pm unless stated in schedule.

The evenings are lighter now. However, both road and mixed terrain routes have been included for Tuesday and Thursday runs as the weather is still unsettled and muddy underfoot in places. A decision on routes can be made on the day throughout the month, depending on the conditions.

Beyond C25k' Group run departing the leisure Centre every Tuesday and Thursday at 6pm . Approx 2.5 miles with Av pace 12:00 – 14:00 min /mile).

In addition: Wednesday BRR runs depart from Bourton Rovers football Pavilion at 9am.

Tues 2 nd April	Efforts	400m intervals. Marshmouth Lane	Meet Margaret at leisure centre
Tues 2 nd April	3miles	Map 9/20	Road/ mixed terrain
Thur 4 th April	3miles	Map 4/22	Road/ mixed terrain
Thur 4 th April	5/6miles	Map 45/56	Road/ mixed terrain
Fri 5 th April	Efforts	200m reps	Meet Tom at Broadwell. 9am
Tues 9 th April	3miles	Map 2/23	Road/ mixed terrain
Tues 9 th April	Efforts	2 x 1km + 4 x 400m	Meet Alan at old railway bridge on Wyck Rissington Road. 6:45pm
Thur 11 th April	3miles	Map 3/21	Road/ mixed terrain
Thur 11 th April	5/6miles	Map 51/54	Road/ mixed terrain
Fri 12 th April	Efforts	Pyramid sprint session	Meet Tom at Maugersbury. 9am
Tues 16 th April	3miles	Map 1/28	Road/ mixed terrain
Tues 16 th April	Efforts	Short hills at kingswell	Meet Claire at leisure centre

Thur 18 th April	3miles	Map 7/29	Road/ mixed terrain
Thur 18 th April	5/6miles	Map 40/49	Road/ mixed terrain
Fri 19 th April	Efforts	400m intervals	Meet Tom at Broadwell. 9am
Tues 23 rd April	3miles	Map 5/24	Road/ mixed terrain
Tues 23 rd April	Efforts	Fartleks	Meet Graham at Leisure centre
Thur 25 th April	3miles	Map10/26	Road or mixed terrain
Thur 25 th April	5/6miles	Map 60/58	Road/ mixed terrain
Fri 26 th April	Efforts	1000m reps	Meet Tom at Mangersbury. 9am
Tues 30 th April	3.1miles	Map 6/27	Road/ mixed terrain
Tues 30 th April	Efforts	Pyramids along marshmouth lane	Meet Margaret at leisure centre

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Tuesday & Thursday Beyond C25k sessions April 2024

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Tuesday April 2 nd	Route 1 clockwise	Leisure centre. Julie
Thursday April 4 th	Route 1 anticlockwise	Leisure centre. Julie
Tuesday April 9 th	Route 2 clockwise	Leisure centre. John
Thursday April 11 th	Route 2 anticlockwise	Leisure centre. Margaret
Tuesday April 16 th	Route 3 clockwise	Leisure centre. Gill
Thursday April 18 th	Route 3 anticlockwise	Leisure centre. Margaret
Tuesday April 23 rd	Route 4 clockwise	Leisure centre. Julie
Thursday April 25 th	Route 4 anticlockwise	Leisure centre. John
Tuesday April 30 th	Route 5 clockwise	Leisure centre. Julie

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