



## Road Running July

Day/Date	Time/Meet	Route	Comments / Session
Tuesday 3/7/2018	Meet: 18:00 Start: 18:15 Kings Park	Promenade	Tempo pace effort to Boscombe Pier re group over to Boscombe Gardens 5 x short 30 secs - 5 x medium 45 secs - 5 x long 60 seconds .Steady group jog back recovery run.
Day/Date	Time/Meet	Route	Comments / Session
Thursday 5/7/2018	Meet: 18:00 Start: 18:15 Kings Park	Winton Rec	Tarmac track session over at Winton oval 390m efforts with same recoveries Meet at club for this session
Day/Date	Time/Meet	Route	Comments / Session
8/7/2018	Meet:08.25 Start:08.30 Kingspark	Hengistbury Head	Sunday endurance run Steady over to hengistbury head around the black house back through Wick up to Carberry Ave back to KP.
Day/Date	Time/Meet	Route	Comments / Session
Tuesday 10/7/2018	Meet: 18:00 Start: 18:15 Kings Park	Promenade	5k summer club time trail flat and fast on a out and back turning at 2.5k from Boscombe Pier Anyone not Running able to help out only need a couple of helpers should be fun.
Day/Date	Time	Route	Comments / Session
Thursday 12/7/2018	Meet: 18:00 Start: 18:15 Kings Park	Throop	Power Hour 60 minute run with 4 minutes steady running with 1 minute fast pace repeat each for 60 minutes continuous running.
Day/Date	Time	Route	Comments / Session
Sunday 15/7/2018	Meet: 08:25 Start: 08:30	Promenade	Sunday endurance run Promenade out and back to the sandbanks end

Day/Date	Time/Meet	Route	Comments / Session
Tuesday 17/7/2018	Meet: 18:00 Start: 18:15 Kings Park	Promenade	15 x 2 minutes fast paced efforts with 75 seconds recovery. Tuesdays fitness test.

Day/Date	Time	Route	Comments / Session
Thursday 19/7/2018	Meet: 18:00 Start: 18:15 Kings Park	Promenade	Zig zag challenge constantly running for 40 minutes at a steady pace with the odd fast paced zig zag Hill sprint thrown in for fun.

Day/Date	Time	Route	Comments / Session
Sunday 22/7/2018	Meet:08:00 Start:08:30 Kings Park	Forest Run	Steady long run Meet at club for any car sharing .Off Road run from Wilverley plain carpark. 10 miles

Day/Date	Time	Route	Comments / Session
Tuesday 24/7/2018	Meet:18:00 Start:18:15 Kings Park	Promenade	15 x 90 second fast sprints with 75 second jog recoveries.

Day/Date	Time	Route	Comments / Session
Thursday 26/7/2018	Meet: 18.00 Start: 18.15 Kings Park	Queen's Park GC	Queen's Park Golf course figure of 8 rolling hills 30 minutes continuous tempo pace up and down hill running.

Day/Date	Time	Route	Comments / Session
Sunday 29/7/2018	Meet: 08:00 Start: 08:30	Purbeck Run	Meet at church knowle lay-by Corfe Castle for 08-30 start 12 mile hilly off road route.

Day/Date	Time	Route	Comments / Session
Tuesday 31/7/2018	Meet:18:00 Start:18:15 Kings Park	Promenade	8 x 3 minutes fast paced efforts with 90 seconds recovery.

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Run at **your current** marathon pace (MP) or lactic threshold pace for all the longer reps from 10 - 30 minutes and **your current 10 - 5k** pace for the shorter reps from 5 to 1 minutes. Lactic Threshold pace or a comfortable hard pace is one you can sustain for 10 miles e.g. : one word answer !! None conversational!!

Day/ Date	Time/ Meet	Route	Comments / Session
Thursday 2/2/2017	Meet: 18:00 Start: 18:15 Kings Park	promenade	1 x 1 mile effort ½ mile recovery 2 x ¾ mile efforts ½ mile recovery 2 x ½ mile efforts ¼ mile recovery 4 x ¼ mile efforts ¼ mile recovery

Day/ Date	Time	DRRL RACE 2	Comments / Session
Sunday 5-2-2017		Blackmore Vale	Next DRRL Race BACers strong men's and ladies teams needed here <a href="http://www.bvlhm.yolasite.com">www.bvlhm.yolasite.com</a>