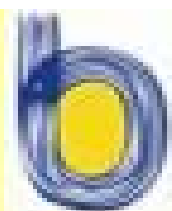





# Bournemouth Athletic Club



## Road Runners Weekly Training Sessions

Tuesday	Time	Location	Session / Comments
	Meet 18:00 Start 18:15	Kings Park Athletics Stadium	Normally speed / Interval sessions. Aims to increase lactic threshold, for endurance runners and tri-athletes. To provide a challenging session to all standards of runners to reflect the level of effort required on race day.
Thursday	Time	Location	Session/Comments
	Meet 18:00 Start 18:15	Kings Park Athletics Stadium	Normally a cycle of hill training, a tempo run or a coached track session Fees required!! Aims provide a challenging session for all Standards of runners.
Sunday	Time	Location	Session/Comments
	08:45 Meet 09:00 Start	Kings Park Athletics Stadium	Our Sunday runs normally leave from Kings park at 09.00 these cover a variety of distances and terrains. The last Sunday in the month is frequently a Purbeck run; runners meet at Sandbanks to catch the ferry over to Studland. Always check our monthly training schedule and listen out on club nights as our organised runs are dependant uptake and other changeable factors.