

## CWTC Run Sessions

### November

Monday 9<sup>th</sup> – 18.15 Outside Westgate Leisure (bright and warm clothing) Jog, Sprint, Jog, Sprint (Around 500m Circuit, around 125m per each jog, sprint)

Thursday 12<sup>th</sup> – 19.15 Outside Westgate Leisure (bright and warm clothing) 800m Reps, 6, 7 or 8

Saturday 14<sup>th</sup> – 07:00 Lavant Village Hall, a light jog up to and around the trundle, this will not be run together as a group, but feel free to run in groups, nor will it be coached, this is a social run.

Monday 16<sup>th</sup> – 18.30 Outside Westgate Leisure (bright and warm clothing) 5k Loop twice or once depending on ability. Staggered starts, map attached.

Thursday 19<sup>th</sup> – 19.15 Outside Westgate Leisure (bright and warm clothing) 1500m Reps, 4,5 or 6

Saturday 21<sup>st</sup> – 07:00 Outside Westgate Leisure, 10k up and down Centurions way (Chi Tri route)

Monday 23<sup>rd</sup> – 18.15 Outside Westgate Leisure (bright and warm clothing) 3 Person Parlauf (relay running, will be explained on the evening)

Thursday 26<sup>th</sup> – 19.15 Outside Westgate Leisure (bright and warm clothing) 400m Reps 6, 8 or 10

Saturday 28<sup>th</sup> – 07:00 Lavant Village Hall, Trundle route as 14<sup>th</sup>

Monday 30<sup>th</sup> – 18.30 Outside Westgate Leisure Centre (bright and warm clothing) Timed 5k, around our loop, we will retime in January to see how much you have improved.

### December

Thursday 3<sup>rd</sup> – 19.15 Outside Westgate Leisure (bright and warm clothing) 1500m reps, 6, 7 or 8

Saturday 5<sup>th</sup> – 07:00 Outside Westgate Leisure, 10k up and down centurions way (Dan away, session to be run by yourselves)

Monday 7<sup>th</sup> – 18.30 Outside Westgate Leisure (bright and warm clothing) 2k Reps (to be run at 1500m pace) 3, 4 or 5

Thursday 10<sup>th</sup> – 19.15 Outside Westgate Leisure (bright and warm clothing) 400m reps, 8, 9 or 10

Saturday 12<sup>th</sup> – 07:00 Lavant Village Hall, Trundle route

Monday 14<sup>th</sup> – Outside Westgate Leisure (bright and warm clothing) 5k Loop twice (1<sup>st</sup> lap jog as a group)

Thursday 17<sup>th</sup> – Outside Westgate Leisure (bright and warm clothing) 800m reps 6, 7 or 8

Last sessions before christmas

Saturday 19<sup>th</sup> – Outside Westgate Leisure, Centurions way 10k up and down)

**The first session of the new year will be Monday 4th**