

	Red	Yellow	Blue	Green	Orange	Pink
Tuesday	Steady 5 Mile Run with regular regroupings at 10-11 minute mile pace	Steady 5 Mile Run with regular regroupings at 9-10 minute mile pace	A steady run with a few regroupings allowing mixed pace ability runners to do the same route (usually 6-9 miles)	An Intense effort session closer to the Littledown Centre ideal for helping beginners improve or keeping mileage down (up to 5 miles)	An Intense effort session covers less mileage than Pink However you can still benefit from the same type of session (5-8 miles)	An Intense effort Session usually covering more mileage than other sessions (8+ miles)
	Red		Blue		Orange	
Thursday	Steady 5 Mile Run with regular regroupings for all paces (Run to the back approach)		A steady run with a few regroupings allowing mixed pace ability runners to do the same route (usually 6-9 miles)		An Intense effort session covers less mileage than Pink However you can still benefit from the same type of session (5-8 miles)	
Friday	During the summer months, every other week there is a social Forest run, see the schedule for more details. Otherwise Friday night Social runs from the Littledown Centre					
	Marathon Training			Long Runs		
Sunday	Twice a year we put on a 16-week training schedule for major Spring and Autumn Marathons. We aim to have three paced groups going out on the same route, building up from around 10 miles.			During the year when we are not marathon training, we have weekly Sunday runs from 8–18 miles depending on route and conditions. Including local runs and the occasional trail run in the stunning Purbecks.		