

Tuesday	Red	Pink	Orange	Green	Blue
	Steady 5 mile runs with regular regroupes at a specific pace as advertised	An Intense effort Session usually covering more mileage than other sessions (8+ 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 closer to the Littledown Centre ideal for helping beginners improve or keeping mileage down (up to 5 miles)	A steady run with a few regroupes allowing mixed pace ability runners to do the same route (usually 6-9 miles)
Thursday	Red		Blue		Orange
	Steady 5 mile runs with regular regroupes at a specific pace as advertised		A steady run with a few regroupes 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)
Sunday	<p>We run regular Sunday runs of around 10 miles starting at 8am where the start location will vary week by week and be published in advance on the training schedule. They will be a steady, mixed paced runs with regular re-groups to ensure no one gets left behind.</p> <p>These runs don't take place on Sundays where we have club races taking place as our Coaches are all usually busy taking part in these.</p>				