

**The following is a general guide to what training will take place on a Thursday Club Night. The detail will vary, but it will be based on the outline below**

**18:00Hrs** Group 60 min run leaves from Bungay Sports Hall. All paces are welcome, as we will use various methods to keep in a group. All we ask is that you are able to run for 60mins at your pace, whatever that may be.

**18:30Hrs** Group 30 min run leaves Bungay Sports Hall. All paces welcome, particularly those that are not yet up to a 60min run. There will also be consideration to those that are not yet up to running 30mins. For those that want a faster run but are unable to arrive for the 60min start, there will also be an option for them.

**19:00Hrs** Both group runs return to the Sports Hall for a 60min session inside. It is the member's choice as to how much of this session they do & to what intensity they do it. Generally it is broken down into four sessions. (i) Warm Up. (ii) Circuit based session. (iii) Team Games or Sprints / Relays. (iv) Cool down

**For those that are familiar with our Thursday sessions the following is a general guide to how the sessions will be rotated within any particular month.**

**Week One** 60Min run will contain a fartlek session.

Indoor session; Warm Up; Circuit based session; Team Sprint Relays; Cool down

**Week Two** Club monthly 5 Km Handicap race; this is main event of the evening. Registration 18:10; Start 18:25.

A 60 min steady run at 18:00 will still be available for those that do not want to do 5Km race. There will be no 18:30 run.

Indoor session; an easier form of circuits followed by a fun team game.

**Week Three** 60Min run will contain half mile efforts linked to recovery intervals.

Indoor session: Warm up; Team based Circuit exercises; Relay type session; Cool down

**Week Four** 60Min run, mainly a steady run with a mild midsession effort.

Indoor session; Warm up; Bleep test; Team games; Cool down

**Week Five** 60Min run with interval sessions built in

Indoor session; Warm up; Relay sessions; Interval fitness session; Cool down.