

RACKETS & RUNNERS RUN CLUB SCHEDULE

Spring 2024

Tuesday	Workout	Saturday	Workout
1. May 7	Spring Fling Circuits Meet at R&R	1.May 11	5km/10km/15km Meet at R&R
2. May 14	Fartlek Intervals Meet at Pacific Spirit Trails NW Marine Dr x Admiralty Trail	2.May 18	5km/10km/15km Meet at Pacific Spirit Trails Park Centre Parking Lot on 16 th Ave.
3. May 21	Spring Fling Circuits Meet at R&R	3.May 25	Meet at Wreck Beach Stairs Trail 3
4. May 28	Track Intervals Meet at Camosun Park Running Track on 16 th Ave.	4.June 1	5km/10km/15km Meet at R&R
5. June 4	Spring Fling Circuits Meet at R&R	5.June 8	5km/10km/15km Meet at R&R

Drop Ins Welcome!

Pace Groups:

Tuesdays:

1. Walk
2. Walk/Run
3. Run/Walk
4. 7-7:30min/km
5. 6-6:30min/km
6. 5-5:30min/km
7. 4-4:30min/km

*Walk/Run participants will start with mostly walking and include short run intervals. Run/Walk participants will mostly run but include short walk breaks.

Saturdays:

5KM

1. Walk – 3-5KM walk group only
2. Walk/Run (8-8:30min/km)
3. Run/Walk (8-8:30min/km)
4. Run non-stop (7-7:30min/km, 6-6:30min/km, 5-5:30min/km)

10KM

1. Walk/Run (8-8:30min/km)
2. Run/Walk (8-8:30min/km)
3. Run non-stop (7-7:30min/km, 6-6:30min/km, 5-5:30min/km)

15KM

1. Run non-stop (7-7:30min/km, 6-6:30min/km, 5-5:30min/km)