RACKETS & RUNNERS RUN CLUB SCHEDULE

Winter 2024

Week	Tuesday	Thursday	Saturday	Saturday	Saturday
			8km	Half Marathon	Marathon
1. January 8	Intro to run club	Intro to run club	0:30 min	0:45 min	1:30 hr
2. January 15	Running Technique	Running Technique	0:35 min	0:50 min	1:45 hr
3. January 22	Cadence	Cadence	0:30 min	0:60 min	1:20 hr
4. January 29	Hills	Hills	0:35 min	1:10 hr	2:00 hr
5. February 5	Tempo	Running technique	0:40 min	1:20 hr	2:15 hr
6. February 12	Running Circuits	Running Circuits	0:30 min	1:00 hr	1:30 hr
7. February 19	Hills	Hills	0:40 min	1:30 hr	2:30 hr
8. February 26	Tempo	Tempo	Halfway 5k	Halfway 10-15k	Halfway 15k
9. March 4	Running Circuits	Running technique	0:35 min	1:00 hr	1:30 hr
10. March 11	Hills	Hills	0:45 min	1:40 hr	2:45 hr
11. March 18	Tempo	Tempo	0:50 min	1:50 hr	3:00 hr
12. March 25	Cruise Intervals	Running technique	0:40 min	1:00 hr	1:30 hr
13. April 1	Tempo	Tempo	0:55 min	2:00 hr	3:00-3:20 hr
14. April 8	Intervals	Intervals	0:60 min	2:00-2:15 hr	3:00-3:40 hr
15. April 15	Tempo	Tempo	0:50 min	1:30hr	1:30 hr
16. April 22	Pacing	Pacing	1:00 hr	1:00 hr	1:00 hr
17. April 29	Pacing	Pacing	3-5km shake out run for all groups	3-5km shake out run for all groups	3-5km shake out run for all groups
			Race day Sunday May 5	Race day Sunday May 5	Race day Sunday May 5

Drop-ins Welcome! \$5 per session

Pace Groups:

Tuesdays: Run/Walk, 7min/km, 6min/km, 5min/km & 4min/km.

Thursdays: Walk/Run & Run/Walk

Saturdays:

8KM - Walk/Run, 8min/km

Half Marathon - 8min/km, 7min/km, 6min/km, 5min/km

Marathon – 7min/km, 6min/km, 5min/km

Saturday 8KM: Walk/Run & Run/Walk options. Walk/Run participants will start with mostly walking and progress to running non-stop. Run/Walk participants will mostly run, but include walk breaks and also build to non-stop running.

Half Marathon: 8min/km group will include some walk breaks. All other groups will be non-stop running.

Marathon: All groups will be non-stop running.

Washroom and water refill breaks will be included for all groups in each long run.