

Tuesday	Red	Pink	Orange	Green	Blue
	Steady 5 mile runs with regular regroupings 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 regroupings allowing mixed pace ability runners to do the same route (usually 6-9 miles)
Thursday	Red		Blue		Orange
	Steady 5 mile runs with regular regroupings at a specific pace as advertised		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				
Sunday	Marathon Training			Long Runs	
	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 to the final 22-mile training run, this includes a 2-week taper for race day.			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.	