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| Mon 1 st Jan | Hangover 5 |
| Tue 2 nd Jan | Fartlek session @ Canadian Flag Run at a sustainably quick pace (a little slower than 5K pace?) for two minutes, and then 'sprint' for 30 seconds. Change pace on the whistle. How fully can you recover in those two minutes whilst still running? 2 x 12.5 minutes (2 x 5 sprints). |
| Thu 4 th Jan | Social Run @ Sidney Walter Centre The 'Overs and Unders' route: 11.0km, 8.6km or 6.6km. |
| Tue 9 th Jan | Hill Reps @ Adur Avenue Same as usual. 3 x 12 minutes of effort up the hill, recovery on the way down. Possible options involve going all the way to the top or going to the junction. [Steve Feest away on now on.] |
| Thu 11 th Jan | Social Run @ Goring Cricket Club The 'GCC' route: 10.2km, 7.9km or 6.0km. Involves Ilex Way, but there's a slightly longer dry route option too if necessary. |
| Tue 16 th Jan | 500m pyramids @ Seafront (Lido? Pier?) 500m/1000m/1500m/1000m/500m (4.5km) pyramid session. Self-time 90 seconds recovery between reps; but keep moving (e.g. walking) between. Options to stick at 500m reps or do 500m/1000m/500m/1000m/500m (3.5km). Need to work out lampposts or markers that are 250m, 500m and 750m away. |
| Thu 18 th Jan | Social Run @ Thomas A Beckett The 'Thomas A Beckett' route: 10.5km, 8.3km or 6.5km. |
| Tue 23 rd Jan | 600m reps @ Fernhurst Drive Run three sides of the loop at effort, and then take a recovery for the last side. Concentrate on running the effort quickly, so take a generous recovery when it comes; resist the temptation to skip the recovery and run the whole thing at the same pace. |
| Thu 25 th Jan | "Naked Run" @ George V shelter Don't worry, you get to keep your pants on! We will do a 7km 'race' from George V shelter, around the bandstand (just past Splashpoint), and back again – but without your watch! Prizes for those that estimate their finish time best beforehand. |
| Tue 30 th Jan | Hill Reps @ Adur Avenue Same as usual. 3 x 12 minutes of effort up the hill, recovery on the way down. Possible options involve going all the way to the top or going to the junction. |
| Thu 2 nd Feb | |
| Sat 3 rd Feb | parkrun Series On the first Saturday of each month, we'll try and group at a local-ish parkrun. This month? <i>Lancing Beach Green</i> . |
| Sun 4 th Feb | Chichester 10K |

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| Tue 6 th Feb | |
| Thu 8 th Feb | |
| Sat 10 th Feb | <p>XC @ Glynebourne, Lewes</p> <ul style="list-style-type: none"> • 2.05pm: Women's race (5km) • 2.35pm: Men's race (8km) <p>Entry fee is £6.</p> |
| Sun 11 th Feb | <p>WSFRL @ Crawley "Run Your Heart Out"</p> <ul style="list-style-type: none"> • 10.30am: Juniors (1 mile) • 11am: Seniors (5 miles) |
| Tue 13 th Feb | Pancake Day |
| Thu 15 th Feb | |
| Tue 20 th Feb | <p>Spring Handicap @ George V shelter</p> <p>A 7km handicapped race from George V shelter, to the bandstand (just past Splashpoint) and back again. Runners will start at different times, based on their recent best parkrun time, with a view to finish roughly at the same time. Some maths involved!</p> |
| Thu 22 nd Feb | |
| Sun 25 th Feb | Brighton Half Marathon |
| Tue 27 th Feb | |
| Thu 29 th Feb | <p>Any ideas? Something leapy?!</p> <p style="text-align: right;">[Charles, Phina and Martin Loose away.]</p> |
| Sat 2 nd Mar | <p>parkrun Series</p> <p>On the first Saturday of each month, we'll try and group at a local-ish parkrun. This month? <i>Hove Promenade</i>.</p> <p style="text-align: right;">[Charles and Phina away.]</p> |
| Sun 3 rd Mar | <p>Steyning Stinger</p> <p>Half, 30km, Marathon</p> |

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| Thu 4 th Apr | |
| Sat 6 th Apr | parkrun Series On the first Saturday of each month, we'll try and group at a local-ish parkrun. This month? <i>Littlehampton Prom</i> . |
| Sun 7 th Apr | Brighton Marathon Weekend Marathon – Holly, Robynn, Ella (anyone else?) 10K – Phina, Charles |
| Tue 9 th Apr | |
| Thu 11 th Apr | Bryan's Mystery Trail Run @ World's End, Patching No route will be shared beforehand; instead, Bryan will produce instructions (either narrative or grid references) to navigate the 5-mile route as we go. |
| Tue 16 th Apr | River Rife Handicap @ Sea Lane Café A 6.8km handicapped race from Sea Lane Café, following the River Rife route. Runners will start at different times, based on their recent best parkrun time, with a view to finish roughly at the same time. Some maths involved! |
| Thu 18 th Apr | Nepcote/Boddington Bottom Routes/meeting point/details to follow. |
| Sun 21 st Apr | London Marathon Do we know anyone doing it? Romero Run (5km/10km) At Oscar Romero School in Goring - https://rawrunning.co.uk/ |
| Tue 23 rd Apr | |
| Thu 25 th Apr | |
| Sun 28 th Apr | Worthing RUN-Fest <ul style="list-style-type: none"> • 9.30am: Half Marathon • 11.05am: 10K • 11.20am: Family Mile If entering, use the code "GAZELLES15" to get 15% off. |
| Tue 30 th Apr | |