



BODMIN ROAD RUNNERS

Leader's/Training Rota October 2019

Meet at Morrison's 7.00pm unless otherwise stated
A head-torch and Hi-Viz wear are essential for all runs

DATE	LEADER	SESSION/RACE
Tuesday 1 st	Becky Bateman	<i>PROGRESS to PERFECTION Week 9</i> Kenyan Hills: Bodiniel Hill Meet Scarlett's Well 7.00
Thursday 3 rd		Club Run: Morrison's
Sunday 6 th	Ian Ringer	Long Run 18 miles Meet Scarlett's Well 8.30
Tuesday 8 th	Ian Ringer	<i>PROGRESS to PERFECTION Week 10</i> Speed Work - 1K Reps Meet Cardinham
Thursday 10 th		Club Run: Morrison's
Sunday 13 th	Ian Ringer	Long Run 20 Miles Meet Morrison's 8.30 Eden Project Marathon and Half The Tempest

Tuesday 15 th	Annie Page	<i>PROGRESS to PERFECTION Week 11</i> Strength and Conditioning
Thursday 17 th		Club run: Respryn
Sunday 20 th	Ian Ringer	Long Run 15 miles Carrick Cracker: Mini. Mara. Ultra
Tuesday 22 nd	Becky Bateman	<i>PROGRESS to PERFECTION Week 12</i> Baseline Measurement
Thursday 24 th		Club run: Cardinham
Sunday 27 th	Ian Ringer	Long Run 10 Miles
Tuesday 29 th	Ian Ringer	Speed work: Meet Scarlett's Well
Thursday 31 st		Club Run. Morrison's

“The two most important days in your life are when you are born and when you find out why (you are a runner)”
(With apologies to Mark Twain)

