

## 2024 Training Sessions

Level	Current 5k time
A	Sub 18 mins
B	18-21 mins
C	21-25 mins
D	25-30 mins
E	30+ mins

Day	Time	Group/Desc.	Email contact	Level	Meeting Place	Session	WhatsApp Group
Monday	7.00pm	<a href="#">Little Feet</a>	<a href="mailto:littlefeet@stragglers.org">littlefeet@stragglers.org</a>	D, E	The Foresters Arms, Hampton Wick	Usually consists of a walking group, slow run of around 3 miles (equivalent to a parkrun of ~35-38 minutes) and faster runs of 4-5 miles at 10.00-10.30 minutes per mile (6 minutes per km) and 8.30-9 minutes per mile (5.30 minutes per km)	The group communicates via <a href="mailto:littlefeet@stragglers.org">littlefeet@stragglers.org</a>
	7.30pm	<a href="#">Hampton Hill Group</a>		C, D, E	Hampton Hill Gate, Bushy Park	A set route of about 4 miles - on road in winter, mainly off road in summer	tbc
	6.40am	<a href="#">Speed / Endurance Coached Session</a>	07815 141491	A	Teddington Gate, Bushy Park	Fast interval session	Please ensure you join Kev's WhatsApp Group to keep up to date on timings and make-up on these sessions

Tuesday

9.15am	<a href="#">Speed / Endurance Structured Session</a>	<a href="mailto:speedtuesday@gmail.com">speedtuesday@gmail.com</a>	C	The Pheasantry car park, Bushy Park	Structured session	Please use the email contact to let us know if you intend to start coming to these sessions or would like to be added to the session's WhatsApp group.
9.40am	<a href="#">Speed / Endurance Coached Session</a>	07815 141491	B	Teddington Gate, Bushy Park	Fast interval session	Please ensure you join Kev's WhatsApp Group to keep up to date on timings and make-up on these sessions
10.30am	<a href="#">Intervals in Bushy Park/ Hill session in Richmond Park alternate weeks</a>	<a href="mailto:sophie.biggs@gmail.com">sophie.biggs@gmail.com</a>	C, D, E	Teddington Gate, Bushy Park, Ham Gate Richmond Park	Structured session with warm-up, drills, technique and running, or hill repetitions (alternate weeks)	<a href="#">Contact Sophie Biggs for more info or to be added to our Whatsapp group</a>
7.00pm	<a href="#">Thames Ditton Group</a>	<a href="mailto:andy.howarth31@hotmail.com">andy.howarth31@hotmail.com</a>	B, C, D, E	Giggs Hill Green, Thames Ditton	Alternating group runs one week with structured training the following week (intervals, hills, mile time trial)	Please use the email contact to let us know if you intend to start coming to the Group or would like to be added to the Group's WhatsApp group.
7.30pm	<a href="#">Speed / Endurance</a>	<a href="mailto:simonbrazil@hotmail.co.uk">simonbrazil@hotmail.co.uk</a>	B, C, D, E	Riverside Drive, junction with Teddington Lock	Fast interval session	Sign-up to the Men's or Women's WhatsApp groups to keep up to date with contents of this session

Thursday	9.50am	<a href="#">Strength &amp; Conditioning</a>	m_cannigs@hotmail.com; andy.howarth31@hotmail.com	All	BPSC	Strength and conditioning session. Strength session starts at 11am and can be done separately	m_cannigs@hotmail.com; andy.howarth31@hotmail.com
	7.00pm	<a href="#">Stragglers Main Club Night</a>		All	BPSC	A variety of paces and distances, from 4-8 miles (6k to 12k)	Sign-up to the Men's or Women's WhatsApp groups to keep up to date with news on the main club night session
	7.00pm	<a href="#">Tempo session - tbc</a>		All	BPSC		
Friday	10.30am	<a href="#">Structured session</a>	sophie.biggs@gmail.com	C, D, E	Teddington Gate, Bushy Park	Structured session with warm-up, drills, technique and running	<a href="#">Contact Sophie Biggs to be added to our Whatsapp group</a>
Saturday	8.00am	<a href="#">Tempo or Fartlek Coached Session</a>	07815 141491	A, B, C	Teddington Gate, Bushy Park	Strong tempo session	Please ensure you join Kev's WhatsApp Group to keep up to date on timings and make-up on these sessions
Sunday	8.30am	<a href="#">Long Run - Richmond Park</a>	davieskut@blueyonder.co.uk	B, C	Kingston Gate carpark, Richmond Park	Runs will be 10-13 miles long. Pace between 8:30 and 9 mins/mile (5:30-6 min/k)	davieskut@blueyonder.co.uk

In addition, Sophie Biggs leads a Beveree Circuits Club: Beveree Field - circuits (weights, drills, body weight exercises, mat work) on Monday, Tuesday and Friday at 8.45am. The Circuits Club is also hosted online on Wednesday and Saturday at 8.45am, and will be made available on Sophie's Youtube channel

[Sophie's Youtube channel](#)