

The club offers the following sessions during a **typical club week**:

Monday night - youth's coaching/training at Abbey Fields 7pm Kenilworth Rugby Club in the winter

Wednesday night - coached track session at Edmonscote track, Leamington. Track open from 6.30pm, session starts at 7pm.

Tuesday & Thursday nights - club run from Kenilworth Wardens, Glasshouse Lane, Kenilworth, CV8 2AL led by running leaders. Distance 8 miles, with opportunities to shorten or lengthen as required. Runners depart at 7pm. Winter - lit roads around Kenilworth, Summer various off road footpath options. Runners split into groups based on speed.

In the summer we have a series of club handicap races on a Thursday once a month followed by food at a local venue

Saturday morning

Many members take part in parkruns at Coventry and Leamington and further away

Sunday morning - longer runs of 10-12 miles or 75 minutes plus depending on individual training requirements. During Marathon season, longer runs will extend considerably and you will find other runners going through the same or similar preparations. Runs start at 8am from Kenilworth Wardens, Kenilworth.

For all group runs, you will be able to join a group of similar ability to yourself, so you are able to get the best from your training runs

Members are free to attend as many or few of these sessions as they choose - there is no expectation that you have to come to them all !

