

Nicci & Vroni's Group

Make September your new January. Short for time or just returning to running and looking to get back into it, then these 60 min sessions might just be for you! Working on RPE / HR / VO2 you'll be working smarter, not harder!

*Please note that Nicci and Vroni both work and have to sort childcare. There might be days when we don't have cover for track. Please be kind and appreciate the volunteers.

06/09 Intro's - Do's and Don'ts , 100's

14/09 Park & Drills

21/09 Fartleks

28/09 Run and Talk (no Nicci & Vroni)

05/10 Park - Run to Nicci

12/10 Consistency 123

19/10 Outrun - torch mandatory

26/10 School holidays - no cover

02/11 Park - Indian Fartleks

09/11 1/2/3/4 Farleks

16/11 Farleks 5/1

23/11 World Hello Day - 3 Friends go around

30/11 Flying 50's

07/12 bringing back 100's - How did we progress?

14/12 Outrun to the Pub for X- Mas

21/12 No Nicci or Vroni