

## Corby AC Road Running Groups

last updated: 28<sup>th</sup> July 2010

Group name	Siobhan's group	Total Beginners Group ONLY Jan/ Feb each year	Comfy cats (Scott + others)	Ultra runners	Middling moggies (Daz, Brian)	Faster felines group (Kym))	The super fast guys
<b>What distance do they do?</b>	4-5 miles in an hour	3-4 miles	5-6 miles in an hour	8+ miles per session	6-7 miles in an hour	7ish miles in an hour	
<b>What time do they leave the Club?</b>	6.45	6.45	6.30 pm	6.15	6.30 pm	6.30 pm	19:00:00 hrs
<b>Evenings training</b>	Tuesday and Thursday	Tuesday at Club, two extra sessions if they want	Tuesday and Thursday	Tuesday and Thursday	Tuesday and Thursday	Tuesday and Thursday	Tuesday and Thursday
<b>Weekends training</b>	Yes, from different venues	As they arrange themselves	Yes, mainly from Rockingham Forest Hotel early on Saturday or Sunday – Check for times/ venue /distance	Saturday and Sunday for very long runs	Yes, mainly from Rockingham Forest Hotel early on Saturday or Sunday – Check for times/ venue/ distance	Individual basis – groups may meet up with middling mogs.	By discussion on Thursday
<b>Targets</b>	Social, occasional participation in races, aiming to finish (Gt Eastern, Oct 2010)	Be able to run 3 miles by end of 8 week course (end of February)	Recovering from injury, social, occasional participation in races	2 Oceans Ultra – 2012? Dartmoor 2011?	Social running, training for races with aim of completion – Gt Eastern	Structured training aiming to improve speed, Great Eastern Run, Oct. 2010	Racing seriously 5-10km
<b>Race times</b>	Over 2 hours for half marathon	N/A	Around 2 hours half marathon	Around 4 hours for full marathon	1.45 – 2 hours half marathon, also do full marathons and some ultras	3-3.30 full marathons	Sub 40 mins 10km, sub 3 hours full marathons
<b>Other notes</b>	Social and chat	NEXT COURSE JANUARY 2011	Very supportive to new runners, allocated person to make sure newcomers are not left behind	Not currently training, split between other groups.	Currently training for Great Eastern Run Oct 2010	Group keeps together, but must be able to do the distance and pace	Warm up on road, then track speed sessions, cool down on road.

