

Bracknell Forest Runners

Winter and spring distance training 2011/2012

Group D Training pace 10min 30 sec to 12 min per mile

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Day/Date	Races Available	Other Training/Comments
Sun 25 Dec'11		No training today
Mon 26 Dec'11		BFR's annual Virginia Water run further details to follow
Sun 1 Jan'12		
Sat 7 Jan'12		
Sun 8 Jan'12	TVXC Tadley	8 mile run starting at the Lookout at 9:30AM
Sat 14 Jan'12		
Sun 15 Jan'12		10-12 mile run starting at the Lookout at 9:30AM
Sat 21 Jan'12		8-10 mile Marshall's Run starting at Lookout at 9:30AM
Sun 22 Jan'12	TVXC Bracknell	Marshalling
Sat 28 Jan'12		
Sun 29 Jan'12		12 mile run starting at the Lookout at 9:30AM
Sat 4 Feb'12		
Sun 5 Feb'12	TVXC Finchcoasters	11-13 mile run starting at the Lookout at 9:30AM
Sun 12 Feb'12	Bramley 10/20	15-16 mile run starting at Lookout at 9:30AM Leader Required
Sun 19 Feb'12	Wokingham Half	12-13 mile run starting at the Lookout at 9:30AM
Sun 26 Feb'12		15-17 mile run starting at the Lookout at 9:30AM
Sun 4 Mar'12	Berkhampstead Half	16 mile run starting at the Lookout at 9:30AM Leader Required
Sun 11 Mar'12	Grizzley (race full)	18 mile run starting at the Lookout at 9:30AM
Sun 18 Mar'12	Spitfire 20 Tempest 10	16 mile run starting at the Lookout at 9:30AM Leader Required
Sun 25 Mar'12	Fleet Half	14-15 mile run starting at the Lookout at 9:30AM Leader Required
Sun 1 Apr'12	Reading Half	13 mile run starting at the Lookout at 9:30AM
Fri 6 Apr'12	Maidenhead 10	Annual race held on Good Friday
Sun 8 Apr'12		
Sun 15 Apr'12	Paris Marathon Brighton Marathon	8-10 mile run starting at Lookout at 9:30AM
Sun 22 Apr'12	London Marathon	BFR will arrange coaches to the start for a reasonable fee
Sun 29 Apr'12	Bracknell Half	Nice warm down
TBC	Worthing 20	
TBC	Kingston 16	
TBC	Cranleigh 15/21	Date expected to be 25 March