

HARROGATE HARRIERS

Dear Runner

Harrogate Harriers would like to welcome you to our Club. We offer something for every type of runner, ranging from friendly social runs through to training and support for competition runners and lots in between. Below is a flavour of what we have to offer.

Social Group – led by Keith Woodard

The social running group provides a steady run of 5-6 miles in about an hour. Ideal for those that just want to keep fit, or are fairly new to running. If you can jog for half an hour then you are welcome to join us and as you get fitter there are plenty of faster groups to move onto.

Generally, folk in the social group run to keep active rather than chase better race times. During the summer months we organise social pub runs where we jog a leisurely 4 miles around the countryside and follow it with a nice pub meal in good company.

Faster Social Group – led by Rona Bradley and Jane Robbins

The next step as your running improves is the faster social group. We aim to run 5-6 miles in 50 minutes.

We offer a mix of sessions. Some nights will be training and drills where we aim to improve our speed and endurance. On other nights we have a more social approach including biscuit runs (you'll have to come along to find out). We also organise longer runs in the country at weekends.

The group takes its running seriously, most of the group compete in races throughout the year, but we aim to enjoy ourselves too.

Medium Group – led by Tony Essex and John Richardson

This group is suitable for runners aspiring to run a 10k in 40 to 45 minutes.

Tuesday nights: The drill changes each week but the basic format is 20 mins warm up, 20-30 mins interval, pyramid or hill work, 20 mins warm down. These sessions are designed to improve speed and performance. You can make them as hard or easy as you like; you only get out what you put in.

Stick with it and I guarantee it will make a difference. You can count on plenty of encouragement and help from the other group members.

Thursday nights: Usually between 5-7 miles at 7½ -8 min miles low pressure in contrast to Tuesdays session often used as a recovery run or for building endurance at a set pace.

Fast Group – led by Brian Millar

This group is suitable for runners aspiring to run a 10k in under 40 minutes.

Tuesday nights: The group is usually 10-15 strong and the training session lasts 60-70 minutes. We run at a warm up pace for 10-15 minutes, often going down as far as Pannal or at least Hookstone Drive. Then do one or two faster bursts each of which lasts for about 3-6 minutes with a recovery between. These are not at flat out pace because we need to save some energy for the main session which is normally one of:

- a fartlek round the Harrogate streets, lasting 30-40 minutes. It consists of periods of steady running interspersed with faster sessions of 1-5 minutes each.
- intervals or hill reps, usually round West Park Stray or the West End Oval or along Montpellier. Typically these are 2x4x 400 metres, 2x4x 200 metres, pyramids (reps of increasing then decreasing duration, e.g. 1 min, 2 min, 3 min, 4 min, 3 min, 2 min, 1 min) or 6x 200 metre hills or variations and combinations of these.

Thursday nights: Those interested will typically join the medium group for their recovery run.

General Club Information

The Club meets twice a week; on Tuesdays at **7:00pm** and on Thursdays at **6:30pm**.

All groups start from the club house which is shared with the **Harrogate Squash Club on Plantation Road** (just off Otley Road at the top of Harlow Hill)

Club membership costs **£25 a year** and is payable in February when the AGM is also held. Discounts are offered for families and juniors.

Currently, the Club offers a weekly training session with a fully-qualified coach to help improve your speed, stamina and overall fitness.

To get a taste of what we offer, please come up to the Club on a Tuesday or Thursday night where you will receive a warm welcome and help in choosing the right running group for you.

Please see www.harrogate-harriers.co.uk for more information.