RASEN RUNNING CLUB

TRAINING SCHEDULE

2026

SEPTEMBER — NOVEMBER

A season of steady runs, sessions and Sunday miles.

Whatever your level, we will make the session work for you.

MARKET RASEN RUNNING CLUB

RASEN RUNNING CLUB

Training schedule 2026

SEPTEMBER

Whatever your level, we will make the session work for you - just turn up at Market Rasen Cricket & Football Club or at the location given at 1830 (Sundays 08.30)

WEDNESDAY 2 SEPTEMBER

Lamas Lees Speed Training

1830 at the Club • 3-6 miles Road

Speed Training – 8, 10 or 12 laps. First 3 sides at an increasing pace, last side as a recovery.

MONDAY 7 SEPTEMBER

Track Night

1845 at the Track • ~3miles Track

Track Session at Yarborough Leisure Centre. Meet 1845 for 1900 start

MONDAY 14 SEPTEMBER

Willingham Woods/Tealby Thorpe Loop

1830 at the Woods • 3.5 miles Mixed

Steady Run through some lovely countryside - Plenty of regroups. Meet/park at Willingham Woods

SUNDAY 20 SEPTEMBER

Humber Coastal Half & 10k

No Club Run

WEDNESDAY 23 SEPTEMBER

Sacred Tree / Kingerby

1830 at Osgodby • 4 miles Road

Steady run from Osgodby to Kingerby and back. Meet/Park at Osgodby Village Hall (W3W ///suits.holdings.driveways)

WEDNESDAY 30 SEPTEMBER

RRC "On Tour" - Whitegate/Hares Farm Loop

1830 at Caistor • 4 miles Mixed

Hill-Training with Fab views - Meet/park at Caistor Town Hall (W3W ///flame.sloping.impressed)

SUNDAY 6 SEPTEMBER

West Rasen Loop

0830 West Rasen • 4 miles Mixed

Meet/Park near the Junction of Toft Lane & A631 - Steady Loop on farm tracks & roads Meet at W3W ///popular.nurtures.milky

WEDNESDAY 9 SEPTEMBER

Andy's Wickenby Wander

1830 at the Airfield • 4.5 miles Road

Steady run from Wickenby to Snelland & Loop Back Meet at the airfield (W3W ///treatment.minerals.drifting)

WEDNESDAY 16 SEPTEMBER

Croxby Hills

1830 at Croxby • 4.4 miles Road

A triangular looping run on the usually quiet roads of scenic Croxby. 48m of elevation from start to finish. W3W ///outbursts.slip.limit)

MONDAY 21 SEPTEMBER

1,2,3.. To the Golf Club & back

1830 at the Club • 3.7 miles Road

An out & back, split into 3x sections - aiming to run 1k, then 2K, then 3K without stopping but NOT leaving ANYONE behind.

MONDAY 28 SEPTEMBER

Old Dairy / Willingham Woods Loop

1830 at the Club • 4 miles Mixed

Steady Run - plenty of regroups.

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OCTOBER + NOVEMBER

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SUNDAY 4 OCTOBER

Jim Broadbent's House

0830 at the Club • 6.5 miles Mixed

Steady Sunday morning run with plenty of regroups. Short option 4.6 miles - meet at the top of The Ridings 0840

MONDAY 5 OCTOBER

"Back to Front" Fartlek session - (Fartlek = speed play / interval training)

1830 at the Club • 3 miles Road

2x different paced groups, running in line, at a steady pace. Last runner in the line runs hard to the front. On the whistle, the runner now at the rear runs hard to the front. Repeat as time allows - Followed by the AGM

WEDNESDAY 7 OCTOBER

Peter's Loop

1830 at the Club • 3.5 miles Road

A steady & flat pavement based loop around town.

MONDAY 12 OCTOBER

Tealby Hill Session

1830 at Tealby • 3-6 miles Road

A hill session in Tealby Village - up to you how many laps you do and all at your own pace! Park at the Village Hall

WEDNESDAY 14 OCTOBER

South Lane / Middle Rasen Loop

1830 at the Club • 3.5 miles Road

Steady run - Plenty of regroups.

SUNDAY 18 OCTOBER

Market Rasen Town Signs

0830 at the Club • 6 miles Mixed

The iconic Sunday run. Plenty of options to shorten & plenty of regroups - suitable for any all. Followed by Breakfast

MONDAY 19 OCTOBER

Nova Scotia Bridge / Middle Rasen Plantation

1830 at the Club • 4 miles Road

Steady run with plenty of regroups/loopbacks

WEDNESDAY 21 OCTOBER

20:20 Willingham Road

1830 at the Club • 3-6 miles Road

Warm up, then 20 mins out along Willingham Rd & then try to return faster with everyone finishing together

MONDAY 26 OCTOBER

Gallamore Lane Pyramids

1830 at the Club • 3-6 miles Road

Pyramid Speed training Session - Followed by a Planning Meeting

WEDNESDAY 28 OCTOBER

Skinner's Lane Loop

1830 at the Club • 4.5 miles Mixed

Steady Run - Plenty of regroups.

SUNDAY 1 NOVEMBER

Mill Lane / Linwood Loop

0830 at the Club • 7 miles Mixed

South Lane/Mill Lane/Linwood then back down Linwood Rd

MONDAY 2 NOVEMBER

Nova Scotia / Sunny Side Loop

1830 at the Club • 4 miles Mixed

Caistor Rd / Furlongs / Nova Scotia Bridge then Sunnyside / Wold's Edge and back down Tealby Rd