

## Club Weekly Activity Summary

With so many new activities announced in the past two weeks I thought a summary might help. Zoom links for all these sessions have been sent in previous weekly emails:

Day	Time	Session	Leader	Comments
Monday	<ul style="list-style-type: none"> <li>• 19:30 – 20:00</li> <li>• 20:00 – 20:30</li> </ul>	<ul style="list-style-type: none"> <li>• Circuits for Runners</li> <li>• Flexibility &amp; Movement for Runners</li> </ul>	Phil	On-going
Tuesday	<ul style="list-style-type: none"> <li>• 20:00-21:00</li> </ul>	<ul style="list-style-type: none"> <li>• Coached Running Improver Program</li> <li>• 4 topics over 8 weeks. Each topic is repeated e.g. 19/1 is repeated on 26/1.</li> </ul>	Phil	8 weeks (19/1 – 9/3)
Wednesday	<ul style="list-style-type: none"> <li>• 19:00- 19:45</li> </ul>	<ul style="list-style-type: none"> <li>• Body Conditioning or Pilates</li> </ul>	Taryn or Mel	Currently 'til mid-Feb
Thursday	<ul style="list-style-type: none"> <li>• 20:00-21:00</li> <li>• 19:30 – 20:00</li> <li>• 20:00 – 20:30</li> </ul>	<ul style="list-style-type: none"> <li>• Zoom Café</li> <li>• Circuits for Runners</li> <li>• Flexibility &amp; Movement for Runners</li> </ul>	- Phil	On-going On-going
Friday	-	-	-	-

**Plus:**

- LEJOG departed 18/0. Feel free to join anytime. Contact: [captain@thornburyrunningclub.co.uk](mailto:captain@thornburyrunningclub.co.uk)
- Run and Talk run buddy. Contact: [TRCMentalHealthChampions@gmail.com](mailto:TRCMentalHealthChampions@gmail.com)
- Jim Williams half Marathon training group. Contact: Jim

If you have any suggestions for future activities please contact [captain@thornburyrunningclub.co.uk](mailto:captain@thornburyrunningclub.co.uk)