

## GUIDE FOR TOOWOOMBA ROAD RUNNERS' CLUB RUNS

The club is proud to offer 9 club runs, each with a different focus, so members can choose the runs that best suit individual levels of ability. Please use this guide to choose appropriate runs to ensure the safety and enjoyment of all members. This information is additional to the club calendar summary available on the club website [trr.org.au](http://trr.org.au).

Please note that if you wish to participate in a run above your current capacity, please start early before the TRR formal run. In doing so, you will be taking the personal responsibility to run alone, so please ensure you implement appropriate safety strategies. For example, organise a running friend, bring a mobile phone and any necessary accessories such as water, torches and first aid. Individual runners can also download the course maps on our website.

DAY and TIME	RUN TYPE (approximate pace of each run)	DESCRIPTION
<b>Monday 5.30pm</b> Middle Ridge Park	5.20pm start for runners pace 6.15 - 6.30 mins/km  5.30pm start for runners under 6.15 mins/km	Various routes – requirement to be able to run 8-10km  Approximate duration 50 - 60 minutes
<b>Tuesday Intervals</b> Morning 6.00am Evening 5.30pm Godsall Street Oval Queens Park	For all running abilities. Individuals run at their own pace.	Morning sessions conducted by TRR volunteers Afternoon sessions conducted by Optimise Health (\$5 donation). Approximate duration 40 minutes
<b>Wednesday runs</b>  Morning 5.30am  Evening 5.30pm Burstow Street near Mothers Memorial	For all running abilities  5.30am start for runners pace 5.00-7.00 mins/km  5.10pm start for runners pace 6.30 - 7.15 mins/km  5.20pm start for runners pace 6.00 - 7.00 mins/km  5.30pm start for runners pace under 6.00 mins/km	Various routes - requirements to be able to run 7.5km  Early pm sessions recommended starting point for beginner runners.
<b>Thursday 5.30am</b>  Queens Park corner Margaret & Lindsay Streets	Pace below approximately 5.30 mins/km	A faster run, often hilly and hard
<b>Friday runs</b> Morning 5.30am Webb Park  Evening 5.30pm Newtown Park	5.30am start for runners pace 5.00 - 6.45 mins/km  5.30pm start for runners pace under 6.30 mins/km	Various routes - requirements to be able to run 10km
<b>Sunday</b> 6.00am Summer 6.30am Winter	Pace below 7 mins/km	Various routes in Toowoomba and surrounds. Requirement to run 10-14 km depending on course

### Recommendation for Beginner Runners:

It is recommended that new runners begin with Tuesday interval sessions and/or a relevant Wednesday run. These are the best options for developing confidence and distance. Runners are welcome to seek advice from experienced members.