

Rasen Running Club - Training Schedule 2026

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)

September			
WEDNESDAY 1830 at the Club	2	Lamas Lees Speed Training Speed Training – 8, 10 or 12 laps. First 3 sides at an increasing pace, last side as a recovery.	3-6 miles Road
SUNDAY 0830 West Rasen	6	West Rasen Loop Meet/Park near the Junction of Toft Lane & A631 - Steady Loop on farm tracks & roads Meet at W3W ///popular.nurtures.milky	4 miles Mixed
MONDAY 1845 at the Track	7	Track Night Track Session at Yarborough Leisure Centre. Meet 1845 for 1900 start	~3miles Track
WEDNESDAY 1830 at the Airfield	9	Andy's Wickenby Wander Steady run from Wickenby to Snelland & Loop Back Meet at the airfield (W3W ///treatment.minerals.drifting)	4.5 miles Road
MONDAY 1830 at the Woods	14	Willingham Woods/Tealby Thorpe Loop Steady Run through some lovely countryside - Plenty of regroup. Meet/park at Willingham Woods	3.5 miles Mixed
WEDNESDAY 1830 at Croxby	16	Croxby Hills A triangular looping run on the usually quiet roads of scenic Croxby. 48m of elevation from start to finish. W3W ///outbursts.slip.limit)	4.4 miles Road
SUNDAY	20	Humber Coastal Half & 10k No Club Run	
MONDAY 1830 at the Club	21	1,2,3.. To the Golf Club & back An out & back, split into 3x sections - aiming to run 1k, then 2K, then 3K without stopping but NOT leaving ANYONE behind.	3.7 miles Road
WEDNESDAY 1830 at Osgodby	23	Sacred Tree / Kingerby Steady run from Osgodby to Kingerby and back. Meet/Park at Osgodby Village Hall (W3W ///suits.holdings.driveways)	4 miles Road
MONDAY 1830 at the Club	28	Old Dairy / Willingham Woods Loop Steady Run - plenty of regroup.	4 miles Mixed
WEDNESDAY 1830 at Caistor	30	RRC "On Tour" - Whitegate/Hares Farm Loop Hill-Training with Fab views - Meet/park at Caistor Town Hall (W3W ///flame.sloping.impressed)	4 miles Mixed
October			
SUNDAY 0830 at the Club	4	Jim Broadbent's House Steady Sunday morning run with plenty of regroup. Short option 4.6 miles - meet at the top of The Ridings 0840	6.5 miles Mixed
MONDAY 1830 at the Club	5	"Back to Front" Fartlek session - (Fartlek = speed play / interval training) 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	3 miles Road

	Steady Run
	Session
	Sunday

WEDNESDAY	7	Peter's Loop	3.5 miles
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1830 at the Club		A steady & flat pavement based loop around town.	Road
MONDAY 1830 at Tealby	12	Tealby Hill Session 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	3-6 miles Road
WEDNESDAY 1830 at the Club	14	South Lane / Middle Rasen Loop Steady run - Plenty of regroupes.	3.5 miles Road
SUNDAY 0830 at the Club	18	Market Rasen Town Signs The iconic Sunday run. Plenty of options to shorten & plenty of regroupes - suitable for any all. Followed by Breakfast	6 miles Mixed
MONDAY 1830 at the Club	19	Nova Scotia Bridge / Middle Rasen Plantation Steady run with plenty of regroupes/loopbacks	4 miles Road
WEDNESDAY 1830 at the Club	21	20:20 Willingham Road Warm up, then 20 mins out along Willingham Rd & then try to return faster with everyone finishing together	3-6 miles Road
MONDAY 1830 at the Club	26	Gallamore Lane Pyramids Pyramid Speed training Session - Followed by a Planning Meeting	3-6 miles Road
WEDNESDAY 1830 at the Club	28	Skinner's Lane Loop Steady Run - Plenty of regroupes.	4.5 miles Mixed
November			
SUNDAY 0830 at the Club	1	Mill Lane / Linwood Loop South Lane/Mill Lane/Linwood then back down Linwood Rd	7 miles Mixed
MONDAY 1830 at the Club	2	Nova Scotia / Sunny Side Loop Caistor Rd / Furlongs / Nova Scotia Bridge then Sunnyside / Wold's Edge and back down Tealby Rd	4 miles Mixed