

Portsmouth Joggers Club - running groups

Group name/Leader	Summary	
Tony Conway	Typically 7-8 minute mile	Progressive running pace, sessions are a mixture of speed work and endurance.
PJC Pacers Richard Clark-Lyons	Typically 8-9 minute mile	This is a newly established group and is targeted at runners who are aiming to complete a sub 1 hour 30, 10 mile race.
PJC Hermits Ian Jones Tim LeComte	Typically 8.30-9.30 minute mile	<p>Hermits - A friendly group suitable for those running around the 9 - 10 min/mile pace. The training plan focuses on race distances up to half marathon in Spring and the Autumn, especially the Great South Run. Typically we run quicker paced interval training on Tuesday evenings and slower longer runs (5-6 miles) on Thursdays. With suggested "homework" for the weekend runs.</p> <p>Training is at your pace, yes we will push you at times and I promise you will work hard. But we won't get bent out of shape if you want to take things easier or run with another group, you should enjoy your running and that is what this group aims to do.</p>
PJC Inbetweeners Simon Evans Tess Pritchard	Typically 9.30-10.30 minute mile pace	As the name suggests, this group is designed to support those runners who are looking to increase their pace and provides a bridge between the social group and some of the faster groups.

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<p align="center">Social Group</p> <p align="center">Sue Clarke John Shepherd</p>	<p align="center">Typically 10.30-12 minute mile pace but the emphasis is on social running so pace is not a primary focus of the group</p>	<p>The 'Social Group' is for runners who prefer a social chatty pace, we don't do speed work or running training plans - we 'just run' and 'chat' 5-8km each Tuesday and Thursday.</p> <p>We don't leave any runner behind (no one is too slow for the social group) - we either do 'loop backs' (when not doing Covid secure running) or adjust our pace as needed so that everyone has a run buddy.</p>
<p align="center">Couch to 5K (C25K)</p> <p align="center">Tony Quinn</p>	<p align="center">The purpose of the C25K group is about active participation</p>	<p>The C25K programme operates over a 9-week period and runs on average 3 times per year dependent on demand. Details of upcoming C25K programmes will be published on the website.</p> <p>The C25K programme is aimed at those who have either never run before or are returning to running following time out or from injury.</p>
<p align="center">Details of other groups will be updated shortly</p>		