

## **Breakfast Run (Optional Interval Training) – Sunday 24<sup>th</sup> October 2021, 9:15am**

Start and finish at [Derby Arena, Royal Way, Derby DE24 8JB](#). Parking is free.

<b>One Group</b> (Total approx. 10k/ 6 miles)	<i>Option 1: Interval Training</i> 10x 2minute efforts
	<i>Option 2: General Jog/Run</i>

- **Everyone is welcome** with the breakfast run aimed at runners in the lead up to the Derby 10 Mile.
- We can accommodate slow joggers as well as people who want to run at a quicker pace. The interval training session is open to all. Quicker runners will be starting further back in order to keep everyone close. Please ask if you have any concerns.
- Anyone who doesn't wish to partake in the interval training is welcome to jog/run with us at their own pace.
- There will be **leaders** at the front, middle and the back.
- The route will go around the Pride Park area and along the river Derwent. More information about the run and the route to be provided on the morning.
- All attending **must register** by 8pm, Sat 23<sup>rd</sup> October, or when full.
- There will be a warm-up jog and a warm-down jog before and after the interval training.
- Runners who are tired or do not wish to run as far have the option of turning around and finishing earlier.
- Please **come prepared**. Toilets are available for use inside Derby Arena and everyone is welcome to socialise at Café 42 after the run. Although the terrain is good, please bring **suitable footwear/clothing** for the conditions on the day.
- There will be an opportunity to ask training or event related **questions and advice** after the breakfast run (leaders include athletic coaches and an ex-international runner).
- **Water and a snack** will be provided at the end of the breakfast run.

### **Itinerary:**

9:15am	Runners Arrive.
9:30am	Warm-up
9:40am	Start of breakfast run.
10:25am>	Runners return.
11:00am~	Finish.

### **Cost (to be paid at the point of registration):**

Derby 10 Mile entrants:	£2.00/person
Everyone else:	£3.00/person

Note: All breakfast runners are required to sign-in upon arrival and sign-out after.

Register here: <https://derby10.co.uk/breakfast-runs>

*Please note: you have to register for each breakfast run separately.*