

Coventry Road Club
Sunday Club Run List

Run A – Family Group

Start: 9am from the Styvechale Arms

Av Speed: 13 – 15 mph

Distance: 40 – 60 miles

Duration: 3 – 4 hrs

Description: This is a steady social ride with a café stop. The destination is usually decided on the day depending on weather conditions and wind direction. The group stays together for the duration of the ride. Mudguards are expected on wet winter runs.

Run B – Vet Group

Start: 9am from the Styvechale Arms

Av Speed: 15 – 18 mph

Distance: 50 – 80 miles

Duration: 3 – 4 hrs.

Description: This is an even paced group ride aimed at the regular club cyclist. Café stop is usually as published on the club web site. The group stays together for the duration of the ride. Mudguards are expected on wet winter runs.

Run C - Training Group

Start: 9am from the Styvechale Arms

Av Speed: 15 – 21 mph

Distance: 50 – 80 miles

Duration: 3 – 4 hrs.

Description: This is a training run for the competitive club cyclist. Café stop is usually as published on the club web site. During the winter this is a group ride with training drills (spin-ups, hill work etc.). During the summer this is a fast paced ride with survival of the fittest on the way back from the café.

Mudguards are expected on wet winter runs.

Run D – Race Group

Start: 8am from Peeping Tom on Cromwell Lane

Av Speed: 18 – 23 mph

Distance: 60 – 70 miles

Duration: 3 hrs.

Description: This is a non-stop training run for the competitive club cyclist. It is a medium to fast paced ride with survival of the fittest towards the end of the run. Mudguards are expected on wet winter runs.

Check with Darren Atkins (www.ridecov.co.uk) before turning up for the ride.