



## We offer workouts all year round (no interruption)

### Tuesday

Tuesday evening runs are held at [Buttes Chaumont park](#) at 7.20pm.

We meet at 7:20 PM at the main entrance of the park in front of city hall of 19eme.

To access the locker rooms, go to [Pailleron Sports Center](#) at 7pm (24 rue Edouard Pailleron, Metro Laumière, line 5).

The run, accessible to all levels, consists of two warm-up laps around the pond, followed by laps of the park, typically 3 or 4 laps, or 5 for the more ambitious.

*Warning: during the winter season, the park closes early and sometimes we must finish outside the park!*

### Thursday

Every Thursday two meetings are proposed:

- 1) At the [Alain Mimoun stadium](#) for interval training on the track with our coach, we propose two time slots :
  - 1<sup>st</sup> session from 7:20pm to 8:30pm
  - 2<sup>nd</sup> session from 8:20pm to 9:30pm

To access the locker rooms, come from 7pm or 8pm at Alain Mimoun stadium (15 rue de la Nouvelle Calédonie, metro Porte Dorée, line 8). Otherwise, go directly to the stadium at 7:20pm or 8h30 for the circle.

- 2) At the [Leo Lagrange Stadium](#) two different workouts are proposed, both start at 7:30pm
  - Specific interval training (marathon or trail)
  - Run in Bois de Vincennes (we offer 3 runs : 7, 10 or 13km : [check here for course maps](#))

To access the locker rooms, come from 7pm at the Léo Lagrange stadium (68 boulevard Poniatowski, metro Porte de Charenton, line 8)

### Saturday

Saturday morning runs start at 10am, the location changes every week:

- **The 1<sup>st</sup> Saturday** of the month, we meet at **Bois de Vincennes**, meeting point is at [boat renting desk](#). We offer 3 runs :6, 9, 12 km (check here for [course map](#))
- **The 2<sup>nd</sup> Saturday** of the month, we meet at **Buttes-Chaumont park**, [meeting point](#) is next to the main entrance. The run, accessible to all levels, consists of two warm-up laps around the pond, followed by laps of the park, typically 3 or 4 laps, or 5 for the more ambitious.
- **The 3<sup>rd</sup> Saturday** of the month, we meet at **Bois de Vincennes**, meeting point is at [boat renting desk](#). We offer 3 runs :6, 9, 12 km (check here for [course map](#))
- **The 4<sup>th</sup> Saturday** of the month, we meet at **Bois de Boulogne**, [meeting point](#) is at route des Sablons, first crossroad. We offer 3 runs : 3, 9 or 13km (check here for [course map](#))
- **The 5<sup>th</sup> Saturday** of the month, we meet at **Jardin du Luxembourg**, meeting point is at the [exit of RER B \(suburb train\)](#) across from rue Soufflot. The run consists of several laps of the park.

## Sunday

Sunday morning run is held in the same place as the Saturday of the same week (see above) and starts at 10am.

## Public Hollidays

For public holidays, a single [meeting point](#): Pont Neuf in front of the former shop La Samaritaine at 10am (and 3pm January 1<sup>st</sup>).

The run starts along the right bank of the Seine to the [Jardin des Plantes](#), then 2 or more laps of the park and back through the left bank to Pont Neuf.

Welcome and Enjoy !!

Any question: [contact us](#) !