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Get advice from experienced runners and coaches at a series of free training sessions in the build up to the Perkins Great Eastern Run.

The sessions take place fortnightly at Peterborough Embankment Athletics Track on Bishop's Road and will help prepare runners for race day.

The first session takes place on Wednesday 12 July and training starts with a warm-up at 7pm and will last around an hour.

Runners can meet seasoned competitors who will be acting as pacers to help entrants achieve their personal best on Sunday 8 October.

A prize draw competition to win the latest running accessories will be held at the end of each session.

Annette Joyce, service director for city services and communications at Peterborough City Council, which organises the race, said: "Entries for the Perkins Great Eastern Run are already up on last year and many entrants will now be looking to step up their training in order to achieve the time they want on the day.

"These sessions are a popular way to talk to experienced runners and get tips on how to prepare for the day. Often last year more than 100 people would be at these sessions.

"They are led by some of the best coaches in the region and are suitable for people of all levels of fitness and experience with runners split into groups that reflect their ability."

Runners don't have to be already signed up to the Perkins Great Eastern Run to go along to the sessions, you can be considering or merely just want to get some running advice.

Target times for pacers will range from finishing the race in just under 90 minutes, to up to three hours which is the race time limit.

Representatives from the Anna's Hope charity will be on hand at the first session for anyone who wants to find out more about the 5km Fun Run event.

There is still time for local charities to win one of five £1,000 grants thanks to a partnership between The Jane Tomlinson Appeal and Perkins Great Eastern Run. For more details visit the Jane Tomlinson Appeal website.

Visit the [Perkins Great Eastern Run website \(http://www.perkinsgreateasternrun.co.uk/\)](http://www.perkinsgreateasternrun.co.uk/) for more information about pacers, target times and the free training sessions. Entries to the half marathon and fun run can be made online.

Entries can also be made by post or in person at the Visitor Information Centre, 41 Bridge Street, Peterborough.

Follow the latest Perkins Great Eastern Run developments on Twitter [@PerkinsGER \(https://twitter.com/PerkinsGER\)](https://twitter.com/PerkinsGER) and Facebook [The Perkins Great Eastern Run \(https://www.facebook.com/ThePerkinsGreatEasternRun\)](https://www.facebook.com/ThePerkinsGreatEasternRun).