

BRJ RUN & TRI Beginners Running Programme for 2021 **Couch to 5k, 10k and beyond...**

What we offer (for people aged 16 and above)

- On Monday 26th April 2021 at 7:00pm: A free taster session; we will tell you all about the beginners programme and end with an active session of a warm-up, short walk/run (two sets of a one minute run and a three minute walk) and post-run stretching.
- From Monday 10th May at 7:00pm: Weekly coached training every Monday (except bank holidays) led by experienced running coaches and supported by experienced club runners. Concludes at the end of January 2022.
- In late autumn, three additional sessions on a Wednesday at the St Ivo Outdoor Centre running track. These will build on what you will have achieved so far, exact dates are still to be confirmed.

What it costs

- The taster session on 26th April is completely free and without obligation.
- If you decide to join the 2021 beginners programme you will become a member of BRJ Run & Tri Club for the 2021 membership year at a cost of £20 (membership runs April 2021 through to 31st March 2022).
- The programme is excellent value, 38 coached sessions for £20.

What we aim to achieve

- To take you from scratch to 5k by mid-August so that you can participate in the free Parkrun in Hinchingsbrooke Park on a Saturday morning. By then you will be able to run continuously for 40 minutes.
- From August through to early January we will gradually increase duration and distance to reach 10k or an hour of continuous running. We'll then run with you as you integrate into regular club runs of this distance when the programme concludes.

How it works

- We will coach you on a Monday evening session, you repeat this twice yourself during the following week. Most people buddy-up with other people on the programme to run in small groups on days and times which suit them.
- Running with other people is a great motivator to get outside and exercise, particularly on cold winter days or evenings; it becomes sociable and fun instead of a chore.

Location

- Initial runs will be in Huntingdon. Some runs in August and September may start in surrounding towns and villages
- Please email Simon: beginners@brjrunandtri.org or see the club's website for further details: <https://brjrunandtri.org> > **training** > **beginners**, or scan this QR code with your phone:

