

BRJ Beginners Programme 2021

Week	Date	Training Schedule Start time for coached sessions 19:00 (7:00PM)	Monday - tick when complete	Buddy run (run 2) Tick when complete	Buddy run (run 3) Tick when complete
0	26/04/21	Taster session			
	03/05/21	Bank holiday, no activity			
1	10/05/21	Run 1 min, walk 3 mins 7 sets			
2	17/05/21	Run 2 mins, walk 2 mins 5 sets			
3	24/05/21	Run 3 mins, walk 2 mins 4 sets			
	31/05/21	Bank Holiday No coached run Re-do week 3 yourself			
4	07/06/21	Run 5 mins, walk 2 mins 3 sets			
5	14/06/21	Run 7 mins, walk 2 mins 3 sets			
6	21/06/21	Run 10 mins, walk 2 mins 3 sets			
7	28/06/21	Run 12 mins, walk 1.5 mins 3 sets			
8	05/07/21	Run 15 mins, walk 1 min 2 sets, then run 10 mins			
9	12/07/21	Run 18 mins, walk 1 min, run 10 mins			
10	19/07/21	Run 20 mins, walk 1 min, run 12 mins			
11	26/07/21	Run 25 mins, walk 1 min, run 10 mins			
12	02/08/21	Run 30 mins, walk 1 min, run 10 mins			
13	09/08/21	Run 40 mins			Buddy run 2 or ParkRun
14	16/08/21	Run 40 mins			Buddy run 2 or ParkRun
15	23/08/21	Run 40 mins			Buddy run 2 or ParkRun
	30/08/21	Bank Holiday No coached run. Do 2 x 40 min buddy runs & ParkRun			ParkRun
16	06/09/21	Run 43 mins Drink tea/coffee, eat cake			
17	13/09/21	Run 46 mins			
18	20/09/21	Run 40 mins, walk 1min, run 10 mins			
19	27/09/21	Run 49 mins			
20	04/10/21	Run 52 mins			
21	11/10/21	Run 54 mins			

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22	18/10/21	Run 57 mins			
23	25/10/21	Run 50 mins, walk 1min, run 10 mins			
24	01/11/21	Run 50 mins, walk 1min, run 10 mins			
25	08/11/21	Run 1 hour			
26	15/11/21	Run 1 hour			
27	22/11/21	Run 1 hour			
28	29/11/21	Run 1 hour			
29	06/12/21	Run 1 hour			
30	13/12/21	Run 1 hour			
31	20/12/21	Run 1 hour			
	27/12/21	Bank Holiday, no coached run			
	03/01/22	Bank Holiday, no coached run			
32	10/01/22	Run 1 hour			
33	17/01/22	Run 1 hour			
34	24/01/22	Integration run 1 hour			
35	31/01/22	Integration run 1 hour			