

# **BRJ RUN & TRI Beginners' Running Programme**

## **Couch to 5k**

### **Starting Monday 31<sup>st</sup> January 2022 at 7pm**

### **For anyone 16 and over**

#### **What we offer**

- Weekly coached training every Monday, except bank holidays, led by experienced running coaches and supported by experienced BRJ runners.
- Concludes end of May 2022.
- The programme is aimed at:
  - ◆ People who want to take up running from scratch
  - ◆ People who have done a little running previously and want to run 5km
  - ◆ People who have run previously but had a break due to injury, illness or just life getting in the way.

#### **What it costs**

- The programme is excellent value, 16 coached sessions for only £20 and lots of help and advice.
- Joining the programme gives you full membership to the BRJ Run & Tri Club from 31<sup>st</sup> January 2022 through to 31<sup>st</sup> March 2023.
- As a full club member, you may take part in all the other club activities, such as summer lake swimming and social events.
- Support is available for people who find the fee a challenge.

#### **What we aim to achieve**

- To take you from scratch to 5k by early May 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.
- We will then consolidate running for 40 minutes throughout May and help you integrate into regular club runs of this sort of pace and distance on the final Monday of the programme.

#### **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.
- The programme builds duration week on week, a small increase on the previous week without being too tough and putting people off.
- Making new friends and running with them is a great motivator to get outside and exercise, it becomes sociable and fun instead of a chore.

#### **Location**

- Most runs will be in Huntingdon. The final few runs in May could start in surrounding towns and villages for a bit of variety
- 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:



**Come and chat to Simon and some other coaches outside the Visitors Centre in Hinchingsbrooke Park on Saturday 22<sup>nd</sup> January 9:30-11:00. Just look for the BRJ flag**