

BRJ Beginners Programme 2024

Session No.	Date	Training Schedule Start time for coached sessions 19:00 (7:00PM)	Notes
Welcome session <b>Free</b>	22/01/24	Welcome talk. Optional: Warm-up Run 1 minute, walk 3 minutes (2 sets) Post-run stretches	Starts 19:30 (7:00pm) Coneygear Centre Butts Grove Way
1 <b>Free</b>	29/01/24	Run 1 min, walk 3 mins 7 sets	Meet in Oak Tree Centre Car Park 1 ( <b>Not Sapley Square</b> ) From now until clocks change
2	05/02/24	Run 2 mins, walk 2 mins 5 sets	
3	12/02/24	Run 3 mins, walk 2 mins 4 sets	
4	19/02/24	Run 5 mins, walk 2 mins 3 sets	
4	26/02/24	Run 5 mins, walk 2 mins 3 sets	Repeat of 19/02/24 as it was half-term
5	04/03/24	Run 7 mins, walk 2 mins 3 sets	
6	11/03/24	Run 10 mins, walk 2 mins 3 sets	
7	18/03/24	Run 12 mins, walk 1.5 mins 3 sets	
8	25/03/24	Run 15 mins, walk 1 min 2 sets, then run 10 mins	
8	01/04/24	Bank holiday No coached run	Repeat previous week (session 8) with your running buddies
8	08/04/24	Run 15 mins, walk 1 min 2 sets, then run 10 mins <b>Meet in Hinchingsbrooke Park (in front of the cafe) For the rest of the programme</b>	Repeat of session 8 as it's school Easter holidays
9	15/04/24	Run 18 mins, walk 1 min, run 10 mins	
10	22/04/24	Run 20 mins, walk 1 min, run 12 mins	
11	29/04/24	Run 25 mins, walk 1 min, run 10 mins	
11	06/05/24	Bank holiday No coached run	Repeat previous week (session 11) with your running buddies
12	13/05/24	Run 30 mins, walk 1 min, run 10 mins	
13	20/05/24	Run 40 mins	Do Parkrun on 25/05/24 instead of one buddy run
13	27/05/24	Bank holiday No coached run	Repeat previous week (session 8) with your running buddies. Do Parkrun on 01/06/24
13	03/06/24	Run 40 mins	Do Parkrun on 08/06/24
	10/06/24	Integration run with regular Monday group	Meeting point advised on ClubPal
	17/06/24	Integration run with regular Monday group	Meeting point advised on ClubPal