

BRJ Beginners Programme 2024 (V2.11)

| Session No. | Date | Training Schedule Start time 19:00 (7:00PM) | Notes |
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| Welcome session Free | 29/04/24 | Welcome chat. Short active taster session: Warm-up Run 1 minute, walk 3 minutes (2 sets) Post-run stretches | Meet in front of the cafe in Hinchingsbrooke Park |
| 1 Free | 13/05/24 | Run 1 min, walk 3 mins 7 sets | |
| 2 | 20/05/24 | Run 2 mins, walk 2 mins 5 sets | |
| | 27/05/24 | Bank holiday No coached run | Repeat previous week (session 2) with your running buddies |
| 3 | 03/06/24 | Run 3 mins, walk 2 mins 4 sets | |
| 4 | 10/06/24 | Run 5 mins, walk 2 mins 3 sets | |
| 5 | 17/06/24 | Run 7 mins, walk 2 mins 3 sets | |
| 6 | 24/06/24 | Run 10 mins, walk 2 mins 3 sets | |
| 7 | 01/07/24 | Run 12 mins, walk 1.5 mins 3 sets | |
| 7A | 01/07/24 | R6 W1 R6 W2 R6 W1 R6 W2 R5 W1 R5 W2 | |
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| 8 | 08/07/24 | Run 15 mins, walk 1 min 2 sets, then run 10 mins | |
| 8A | 08/07/24 | R8 W1 R7 W1 R8 W1 R7 W1 R10 | |
| 9 | 15/07/24 | Run 18 mins, walk 1 min, run 10 mins | |
| 9A | 15/07/24 | R9 W1, R9 W1 (two sets) then R10 | |
| 10 | 22/07/24 | Run 20 mins, walk 1 min, run 12 mins | |
| 10A | 22/07/24 | R10 W1, R10 W1 (two sets) then R12 | |
| 10A | 29/07/24 | R10 W1, R10 W1 (two sets) then R12 | Repeat of previous weeks session |
| 11 | 05/08/24 | Run 25 mins, walk 1 min, run 10 mins | |
| 11A | 05/08/24 | R10 W1 R10 W1 R5 W1 R10 | |
| 11B | 12/08/24 | R12 W1 R13 walk 1 min, run 10 mins | Repeat of previous weeks session (with a small variation) |
| 12 | 12/08/24 | Run 30 mins, walk 1 min, run 10 mins | |

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| 12A | 19/08/24 | R15 W1 R15 walk 1 min, run 10 mins | |
| 12A | 26/08/24 | Bank holiday No coached run | Repeat previous week (session 12A) with your running buddies |
| 12B | 02/09/24 | R 20, W1, R10 walk 1 min, run 10 mins | Repeat of previous weeks session (with a variation) |
| 13 | 09/09/24 | Run 40 mins | |
| 13A | 09/09/24 | R25 W1 R15 Start location may get moved | |
| 13B | 16/09/24 | Run 30 mins, walk 1 min, run 10 mins Start location to be advised | Do Parkrun on 21/09/24 instead of one buddy run |
| 13C | 23/09/24 | Run 35 mins, walk 1 min, Run 5 mins Start location to be advised | Do Parkrun on 28/09/24 instead of one buddy run |
| 13D | 30/09/24 | Run 40 mins Start location to be advised | |
| 13D | 07/10/24 | Run 40 mins Start location to be advised | |
| 13D | 14/10/24 | Run 40 mins Start from Kings Ripton Road playing field car park Celebrate end of course with coffee and cake afterwards at Simon's house | |
| | 21/10/24 | Integration run with regular Monday group | Meeting point advised on ClubPal |
| | 28/10/24 | Integration run with regular Monday group | Meeting point advised on ClubPal |