

BRJ Beginners Programme 2025 v5.00

Session No.	Date	Training Schedule	Notes
Welcome session Free	03/09/25	Welcome talk. Optional: Warm-up Run 1 minute, walk 3 minutes (2 sets) Post-run stretches	Coneygear Park – 19:00 (7:00pm)
1	10/09/25	Run 1 min, walk 3 mins 7 sets	Coneygear Park – 19:00 (7:00pm)
2	17/09/25	Run 2 mins, walk 2 mins 5 sets	St Ivo Centre 19:30 (7:30pm)
3	24/09/25	Run 3 mins, walk 2 mins 4 sets	St Ivo Centre 19:30 (7:30pm)
4	01/10/25	Run 5 mins, walk 2 mins 3 sets	St Ivo Centre 19:30 (7:30pm)
5	08/10/25	Run 7 mins, walk 2 mins 3 sets	St Ivo Centre 19:30 (7:30pm)
6	15/10/25	Run 10 mins, walk 2 mins 3 sets	St Ivo Centre 19:30 (7:30pm)
7	22/10/25	Run 12 mins, walk 1.5 mins 3 sets	St Ivo Centre 19:30 (7:30pm)
8	29/10/25	Run 15 mins, walk 1 min 2 sets, then run 10 mins	St Ivo Centre 19:30 (7:30pm)
8	05/11/25	Run 15 mins, walk 1 min 2 sets, then run 10 mins	St Ivo Centre 19:30 (7:30pm)
9	12/11/25	Run 18 mins, walk 1 min, run 10 mins	St Ivo Centre 19:30 (7:30pm)
10	19/11/25	Run 20 mins, walk 1 min, run 12 mins	St Ivo Centre 19:30 (7:30pm)
11	26/11/25	Run 25 mins, walk 1 min, run 10 mins	St Ivo Centre 19:30 (7:30pm)
12	03/12/25	Run 30 mins, walk 1 min, run 10 mins	St Ivo Centre 19:30 (7:30pm)
13	10/12/25	Run 40 minutes	St Ivo Centre 19:30 (7:30pm)
13	17/12/25	Run 40 minutes	Venue & time TBC