

BRJ Beginners Programme 2026 v2.00

Session No.	Date	Training Schedule	Notes
Welcome session Free	09/09/26	Welcome talk. Optional: Warm-up Run 1 minute, walk 3 minutes (2 sets) Post-run stretches	Huntingdon Neurotherapy Centre 19:00 (7:00pm)
1	16/09/26	Run 1 min, walk 3 mins 7 sets	Huntingdon Neurotherapy Centre 19:00 (7:00pm)
2	23/09/26	Run 2 mins, walk 2 mins 5 sets	St Ivo Outdoor Centre 19:30 (7:30pm)
3	30/09/26	Run 3 mins, walk 2 mins 4 sets	St Ivo Outdoor Centre 19:30 (7:30pm)
4	07/10/26	Run 5 mins, walk 2 mins 3 sets	St Ivo Outdoor Centre 19:30 (7:30pm)
5	14/10/26	Run 7 mins, walk 2 mins 3 sets	St Ivo Outdoor Centre 19:30 (7:30pm)
6	21/10/26	Run 10 mins, walk 2 mins 3 sets	St Ivo Outdoor Centre 19:30 (7:30pm)
7	28/10/26	Run 12 mins, walk 1.5 mins 3 sets	St Ivo Outdoor Centre 19:30 (7:30pm)
7	04/11/26	Run 12 mins, walk 1.5 mins 3 sets (repeat of previous week to account for school half term)	St Ivo Outdoor Centre 19:30 (7:30pm)
8	11/11/26	Run 15 mins, walk 1 min 2 sets, Then run 10 mins	St Ivo Outdoor Centre 19:30 (7:30pm)
9	18/11/26	Run 18 mins, walk 1 min, run 10 mins	St Ivo Outdoor Centre 19:30 (7:30pm)
10	25/11/26	Run 20 mins, walk 1 min, run 12 mins	St Ivo Outdoor Centre 19:30 (7:30pm)
11	02/12/26	Run 25 mins, walk 1 min, run 10 mins	St Ivo Outdoor Centre 19:30 (7:30pm)
12	09/12/26	Run 30 mins, walk 1 min, run 10 mins	St Ivo Outdoor Centre 19:30 (7:30pm)
13	16/12/26	Run 40 minutes	Venue & time TBC