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| --- | --- | --- | --- |
| Date | Run 1 Wednesday | Run 2  | Run 3 |
| 6/3/19Unite GymAhoghill | 2 min run2 min run2 min runWith walks before each run | 2 min run2 min run2 min runWith walks before each run | 3 min run2 min run3 min runWith walks before each run |
| 13/3/19MustardSeed | 3 min run3 min run3 min runWith walks before each run | 4 min run3 min run4 min runWith walks before each run | 4 min run4 min run4 min runWith walks before each run |
| 20/3/19Unite GymAhoghill | 5 min run5 min run5 min runWith walks before each run | 5 min run5 min run5 min runWith walks before each run | 6 min run7 min run6 min runWith walks before each run |
| 27/3/19MustardSeed | 3 min run8 min run3 min run8 min runWith walks before each run | 3 min run8 min run3 min run8 min runWith walks before each run | 8 min run8 min run8 min runWith walks before each run |



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| Date | Run 1 Thursday | Run 2 | Run 3  |
| 3/4/19Unite GymAhoghill | 3 min run8 min run3 min run8 min runWith walks before each run | 3 min run8 min run3 min run8 min runWith walks before each run | 8 min run8 min run8 min runWith walks before each run |
| 10/4/19MustardSeed | 10 min run6 min run10 min runWith walks before each run | 10 min run6 min run10 min runWith walks before each run | 12 min run6 min run12 min runWith walks before each run |
|  17/4/19Unite GymAhoghill | 15 min run15 min runWith walks before each run | 15 min run15 min runWith walks before each run | Walk to warm up20 min run |
| 24/4/19MustardSeed | Walk to warm up24 min run | Walk to warm up24 min run | Walk to warm up27 min run |
| 1/5/19Unite GymAhoghill | Walk to warm up30 min run**WELL DONE!!** |  |  |
| Graduation |  Date tbc |  |  |

