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| --- | --- | --- | --- |
| Date | Run 1 Wednesday | Run 2 | Run 3 |
| 6/3/19  Unite Gym  Ahoghill | 2 min run  2 min run  2 min run  With walks before each run | 2 min run  2 min run  2 min run  With walks before each run | 3 min run  2 min run  3 min run  With walks before each run |
| 13/3/19  MustardSeed | 3 min run  3 min run  3 min run  With walks before each run | 4 min run  3 min run  4 min run  With walks before each run | 4 min run  4 min run  4 min run  With walks before each run |
| 20/3/19  Unite Gym  Ahoghill | 5 min run  5 min run  5 min run  With walks before each run | 5 min run  5 min run  5 min run  With walks before each run | 6 min run  7 min run  6 min run  With walks before each run |
| 27/3/19  MustardSeed | 3 min run  8 min run  3 min run  8 min run  With walks before each run | 3 min run  8 min run  3 min run  8 min run  With walks before each run | 8 min run  8 min run  8 min run  With walks before each run |



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| Date | Run 1 Thursday | Run 2 | Run 3 |
| 3/4/19  Unite Gym  Ahoghill | 3 min run  8 min run  3 min run  8 min run  With walks before each run | 3 min run  8 min run  3 min run  8 min run  With walks before each run | 8 min run  8 min run  8 min run  With walks before each run |
| 10/4/19  MustardSeed | 10 min run  6 min run  10 min run  With walks before each run | 10 min run  6 min run  10 min run  With walks before each run | 12 min run  6 min run  12 min run  With walks before each run |
| 17/4/19  Unite Gym  Ahoghill | 15 min run  15 min run  With walks before each run | 15 min run  15 min run  With walks before each run | Walk to warm up  20 min run |
| 24/4/19  MustardSeed | Walk to warm up  24 min run | Walk to warm up  24 min run | Walk to warm up  27 min run |
| 1/5/19  Unite Gym  Ahoghill | Walk to warm up  30 min run  **WELL DONE!!** |  |  |
| Graduation | Date tbc |  |  |

