

BALLYMENA RUNNERS COSY SOFA TO 5K SCHEDULE

Date	Run 1 Thursday	Run 2 at Ecos	Run 3 at
10 th January	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
17 th January	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
24 th January	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
31 st January	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



BALLYMENA RUNNERS COSY SOFA TO 5K SCHEDULE

Date	Run 1 Thursday	Run 2	Run 3 at Ecos
7 th February	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
14 th February	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
21 st February	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
28 th February	Walk to warm up 24 min run	Walk to warm up 24 min run	Walk to warm up 27 min run
7 th March	Walk to warm up 30 min run WELL DONE!!		
Graduation	Date tbc		

