

Bridport Runners coaching rota spring/summer 2019



Date	Lead Coach	Focus	Location	"Couch to 5k"	Coach	"5k and beyond"	Coach
03/04/2019	Brian	Summertime Run	Roads and Trails				
10/04/2019	Brian	Hills	Mountfield/ Conyger Hill				
17/04/2019	Adam	5K/10K Run	Sea Rd North / St Andrews				
24/04/2019	Clive	Paced run	West Bay & back	Wk 1	Brian/Gill		
01/05/2019	John	Fartlek	St Marys	Wk2	Brian/Gill		
08/05/2019	Ben	Off Road Run	tbc	Wk 3	Brian/Gill		
15/05/2019	Adam	Hills	Jessops Avenue	Wk 4	Clive/Gill		
22/05/2019	John	Intervals	Pasture Way short loop	Wk 5	Brian/Gill		
29/05/2019	Clive	5K Series	St Marys	Wk 6	Brian/Gill		
05/06/2019	Brian	Fartlek	Pasture Way				
12/06/2019	Ben	Hills	tbc			Wk1	Jim +1
19/06/2019	John	Intervals	St Marys			Wk2	Jim +1
26/06/2019	Brian	5K Series	St Marys			Wk3	Jim +1
03/07/2019	Adam	Paced Run	Split into groups and just run!			Wk4	Jim +1
10/07/2019	Clive	Timed Mile	Sea Rd North / St Andrews			Wk5	Jim +1
17/07/2019	Brian	Hills	Allington Hill			Wk6	Jim +1
24/07/2019	Ben	Farlek	tbc				
31/07/2019	Adam	5K Series	St Marys				
07/08/2019	John	Intervals	Pasture Way short loop				
14/08/2019	Brian	Timed Mile	Sea RdNorth / St Andrews				
21/08/2019	Adam	Off Road Run	Decide on day, dependent on weather				
28/08/2019	John	5K Series	St Marys				
04/09/2019	Clive	Hills	Elizabeth Avenue				