BIG Ruuning Weekend 2020 Timetable

www.bigrunningweekend.co.uk

time	Friday		Saturday			Sunday		
08:00			14km run					
08:30					10km run			
09:00				5km with hill reps				
09:30								21km run
10:00						5km run with hill reps	5 and 10 km run	
10:30	Running Past 50 - Plogging Acclerate		Running for Head Space	5km run	Running with Poles			
11:00						Nutrition Talk		
11:30			Wood Run Plyometrics suitable for families	Running Past 50	Navigation		Family Woodrun	Fine Tuning Your Running Technique
12:00						Menopause and running		
12:30	3km Road Time Trial - open to all. Olympic Legacy Park		Wood Run Run Technique suitable for families	Dealing with Running Injuries			Woodrun Run Technique	
13:00					Developing Speed			Woodrun Downhill running technique
13:30								
14:00			Wood Run Up hill technique	21km run		Navigation		Wood Run The Games We Play
14:30					Phsycology and running			
15:00						Mobility & Stretch with APC	Junior run session	
15:30			Social run with Special guest					Last person standing 10k
16:00					Wood Run The Games We Play			
16:30			Goal Setting & Race Prep					
17:00					Strenth and Stablity			
17:30								
18:00	Strenth and Stablity	Junior night run			Dot adventures with a GB Vest			
18:30								
19:00	Stu Walker Talk		Special guest talk					
19:30								
20:00	Night Run with Stu Walker		Night Run with special guest					
20:30								
21:00								