



1st Millennium Country New Years Day parkrun 9am What3words land.shame.magnu m	2nd Stevenage Phoenix training. 6:45pm group run from St Nicholas Park What3words spray.point.bolt	3rd Phoenix Foundation week 1 Hampson Park 6:45pm What3words basin.galaxy.pest	4th Stevenage Phoenix training. 6:45pm Wishbone Hills session from Hampson park What3words basin.galaxy.pest	5th Introduction to trail running 4 miles Emperors Head shops, Emperors Gate what3words either.bounding.cloth	6th Bedford park run 9am What3words heats.covers.heads	7th Stevenage Phoenix Sunday training run 8:30am 5km. 9:15am 6 miles slow paced. Hampson Park, Webb Rise what3words reader.nights.judge
8th Run Chat Cake! 12:30pm Outside Costa, High Street, Stevenage old town what3words lamp.doll.paused	9th Stevenage Phoenix training. 6:45pm 400m repetitions from St Nicholas park What3word spray.point.bolt	10th Phoenix Foundation week 2 Hampson Park 6:45pm What3words basin.galaxy.pest	11th Stevenage Phoenix training. 6:45pm group run from St Nicholas park What3words spray.point.bolt	12th Introduction to trail running 4 miles Budgens, Grwat Ashby what3words pill.lands.ruler	13th Great Denham park run 9am What3words helper.dubbing.off stage	14th Stevenage Phoenix Sunday training run 8:30am 4 miles 9:15am 6 miles slow paced Ridlins car park, Woodcock Road what3words magpie.headsets.with
15th Run Chat Cake! 12:30pm Outside Costa, London Road (roaring Meg retail park). what3words reap.noise.music	16th Stevenage Phoenix training. 6:45 group run from Outside Costa, High Street, old town, Stevenage. CHiPs after!!! what3words	17th. Phoenix Foundation week 3 Hampson Park 6:45pm What3words basin.galaxy.pest	19th Stevenage Phoenix training. 6:45pm 30/45/60 secs hill sprints Meeting at Hampson Park What3words basin.galaxy.pest	19th Introduction to trail running 4-5 miles Chells Park, Gresley Way what3words bless.bikes.tradition	20th Millennium Country park run 9am What3words land.shame.magnu m	21st Stevenage Phoenix Sunday training run 8:30am 4 miles 9:15am 6 miles slow paced. Emperors head shops car park, Emperors gate what3words heartburn.fairy.outdoor
22nd Run Chat Cake! 12:30pm Hampson Park, Webb Rise. what3words above.ramp.posed	23rd Stevenage Phoenix training. 6:45pm 1km repetitions from St Nicholas park What3words spray.point.bolt	24th Phoenix Foundation week 4 Hampson Park 6:45pm What3words basin.galaxy.pest	25th Stevenage Phoenix training. 6:45pm group run from St Nicholas park What3words spray.point.bolt	26th Introduction to trail running 4-5 miles Meadway playing fields, Redcar Drive what3words stem.clots.vibrate	27th Henlow Bridge park run 9am What3words lives.detective.giraf fes	28th Stevenage Phoenix Sunday training run. 8:30am 5km 9:15am 6.5 miles Fairlands valley main car park, six hills way. What3words heave.given.salad
29th Run Chat Cake! 12:30pm Datchworth Green. what3words fails.assure.panel	Stevenage Phoenix training. 6:45pm group run from St Nicholas park What3words spray.point.bolt	31st Phoenix Foundation week 5 Hampson Park 6:45pm What3words basin.galaxy.pest				

- Our Foundation 5k training programme. This is a 10 week programme for non runners building up to running 5k continuously at week 10.
- Parkrun. 5k run or walk. Don't forget your barcode!
- These sessions are suitable for run/walk as well as running. They are no more than 5km in distance.
- These sessions are at least 5km long and suitable for runners who can run at least 5km continuously, whatever their pace.
- These sessions have a choice of a 5km continuous run at 8:30am and/or a 6-7.5 mile run at 9:15am. Run one or both!
- Our Introduction to trail running take you on trails around the outside of Stevenage. 4-5 miles