

SCHEDULE

Week 1 – 19/2/2020

- Introductory Walk
- Meet the team
- Drinks and snacks

Week 2 – 26/2/2020

- Walk/run
- Debrief, drinks & snacks

Week 3 – 4/3/2020

- Walk/run
- Debrief, drinks & snacks

Week 4 – 11/3/2020

- Walk/run
- Debrief, drinks & snacks
- Motivational speaker

Week 5 – 18/3/2020

- Walk/run
- Debrief, drinks & snacks

Midpoint
review

Week 6 – 25/3/2020

- Walk/run
- Debrief, drinks & snacks

Week 7 – 1/4/2020

- Walk/run
- Debrief, drinks & snacks

3 weeks
Easter
Break

Week 8 – 22/4/2020

- Walk/run
- Debrief, drinks & snacks

Week 9 – 29/4/2020

- Walk/run
- Debrief, drinks & snacks

2/5/2020

Endcliffe parkrun

- Presentation
- Cake
- Photographs
- Signposting to running communities & magazines

**'MY MENTAL HEALTH
CONDITION MAKES ME FEEL
LIKE I AM ON A SPECTRUM
WHERE ON ONE END MY
MIND IS TELLING ME THAT
I CAN'T DO IT, BUT AFTER
THE RUN JUST BY MOVING
PHYSICALLY I FELT LIKE I HAD
MENTALLY MOVED UP THAT
SPECTRUM WHERE MY MIND
WAS TELLING ME THAT
I COULD GET THROUGH
THIS AND THAT I AM
STRONG ENOUGH...'**

2nd year student MINDFIT Group