



**Trappers'**  
Running Club



# LEARN TO RUN PROGRAM



2011 Schedule



Week	1	2	3	4	5	6	7	8	9	10
<b>Supported</b>	<b>30-Apr</b>	<b>7-May</b>	<b>14-May</b>	<b>21-May</b>	<b>28-May</b>	<b>4-Jun</b>	<b>11-Jun</b>	<b>18-Jun</b>	<b>25-Jun</b>	<b>2-Jul</b>
<b>Runs</b>	<b>4-May</b>	<b>11-May</b>	<b>18-May</b>	<b>25-May</b>	<b>1-Jun</b>	<b>8-Jun</b>	<b>15-Jun</b>	<b>22-Jun</b>	<b>29-Jun</b>	<b>6-Jul</b>
Walk	5 min	5 min	5 min	5 min	1 min	1 min	1 min	1 min	1 min	1 min
Run	1 min	1 min	2 min	2 min	4 min	6 min	7 min	8 min	10 min	10 min
Walk	4 min	2 min	2 min	1 min	1 min	1 min	1 min	1 min	1 min	1 min
Run	1 min	1 min	2 min	2 min	4 min	6 min	7 min	8 min	10 min	10 min
Walk	4 min	2 min	2 min	1 min	1 min	1 min	1 min	1 min	1 min	1 min
Run	1 min	1 min	2 min	2 min	4 min	6 min	7 min	8 min	10 min	10 min
Walk	4 min	2 min	2 min	1 min	1 min	1 min	1 min	1 min	1 min	1 min
Run	1 min	1 min	2 min	2 min	4 min	6 min	7 min	8 min	10 min	10 min
Walk	5 min	2 min	2 min	1 min	1 min	4 min	4 min	1 min		
Run		1 min	2 min	2 min	4 min					
Walk		7 min	5 min	5 min	4 min					
<b>Totals</b>	<b>26 min</b>	<b>25 min</b>	<b>28 min</b>	<b>24 min</b>	<b>29 min</b>	<b>32 min</b>	<b>36 min</b>	<b>37 min</b>	<b>34 min</b>	<b>34 min</b>

The Trappers' Running Club Learn to Run program is a progressive program of walking and running. By the end of this 10 week program you should be able to complete a 5k run.

The key to the program is to keep consistent and run/walk three times per week. Running is like mathematics and each day you complete serves as a building block for your future goals. Running is also an activity that requires rhythm and consistent running is the best way to establish this pattern.

Those wishing to take part in the program should be able to comfortably walk for 30 minutes.

Two of the three weekly runs are supported. The dates are above. You meet your group leader at Minipi Outfitters at 5:15 p.m on Wednesdays and 9 a.m on Saturdays. These runs will be led by volunteer coaches.

[WWW.TRAPLINEMARATHON.CA](http://WWW.TRAPLINEMARATHON.CA)