



LEARN TO RUN PROGRAM



Spring 2010 Schedule



Week	1	2	3	4	5	6	7	8	9	10
Supported	5-May	12-May	19-May	26-May	2-Jun	9-Jun	16-Jun	23-Jun	30-Jun	7-Jul
Runs	8-May	15-May	22-May	29-May	5-Jun	12-Jun	19-Jun	26-Jun	3-Jul	10-Jul
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					
Totals	26 min	25 min	28 min	24 min	29 min	32 min	36 min	37 min	34 min	34 min

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 Diane Houlahan, John Houlahan, Eric Skoglund, Jamie Snook, Cathy Jong, Mindy Findlay and Pamela Bussey.

There will be a graduation ceremony on July 10th, 2010!