



LEARN TO RUN PROGRAM



Summer 2010 Schedule



Week	1	2	3	4	5	6	7	8	9	10
Supported	14-Jul	21-Jul	28-Jul	4-Aug	11-Aug	18-Aug	25-Aug	1-Sep	8-Sep	15-Sep
Runs	17-Jul	24-Jul	31-Jul	7-Aug	14-Aug	21-Aug	28-Aug	4-Sep	11-Sep	18-Sep
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 September 18th, 2010!