**RUN BROCKVILLE**

**Be Fit**

**Be Strong**

**Be a Runner**



Learn 2 Run Week 1

Registration

Foot and Gait Analysis

Program Overview and Information Session

Warm Up / 2 min Walk / 2 min Slow Jog x 5 / Cool Down / Stretching

HOMEWORK: 2 – 3 days in addition to clinic night

5 – 10 min. warm-up (walk)

**Runners**: Alternate 2 min walking / 2 min. slow jogging x 5

**Power Walkers**: Alternate 2 min. regular pace / 2 min. accelerated pace

5 min cool down (walk)

Stretching

Weekly Tip

There are 2 important things to remember when you start running or power walking:

USE PROPER FORM

STRETCH AFTER EVERY RUN

Go to [www.carp.ca/brockville](http://www.carp.ca/brockville)for TIPS ON PROPER RUNNING FORM and a list of MUST DO STRETCHES for walkers and runners

**FALL TRAIL RUN**

**EDGEWOOD FARMS, Addison ON**

**Saturday October 13th, 2012**

**1k starts at 9:00 am 5k starts at 9:15 am**

[**www.brockvilleroadrunners.com**](http://www.brockvilleroadrunners.com)