**RUN BROCKVILLE**

**Be Fit**

 **Be Strong**

 **Be a Runner**



Learn 2 Run AND Power Walking Week 2

Warm Up / 2 min Walk, 2 min Jog x 2 / 2 Walk, 3.5 min Jog x 3 / Cool Down / Stretching

HOMEWORK:

2 – 3 days in addition to clinic night

 5 – 10 min. warm-up (walk)

 **Runners**: Alternate 2 min walking / 3.5 min. slow jogging x 5

GOAL: To reach a 4 minute interval on homework nights.

 **Power Walkers**: Interval Technique

Alternate: 2 min.regular pace x 2 min accelerated pace x 2 / 2 min. regular pace x 3.5 min accelerated pace x 3

5 min cool down (easy walk)

 Stretching

Weekly Tip

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

USE PROPER FORM: Gaze 20+ft ahead, relax upper body, shoulders relaxed, arms; an easy motion (no aggressive swinging side to side), head up, aprox 10% lean, easy mid-foot strike, and don’t overstride. STRETCH AFTER EVERY RUN

**FALL TRAIL RUN**

**EDGEWOOD FARMS, Addison ON**

**Saturday October 13th, 2012 8:00 am Registration**

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

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