**RUN BROCKVILLE**



Learn 2 Run AND Power Walking Week 5

CLINIC NIGHT: Warm Up / 2 min Walk - 2 min Jog x 2 / 2 min. Walk - 5 min Jog x 2 / 2 min. walk – 15 min jog (once ) / 5 min. Cool Down

HOMEWORK: 2 – 3 days in addition to clinic night

**Runners**: 1. 5 – 10 min. warm-up (brisk walking)

2. 2 min walking / 3 min. slow jogging x 2

2 min walking / 5 min. slow jogging (once)

2 min walking / 15 min. slow jogging (once)

5 min. cool down with a brisk walk

GOAL: 1 x 18 Min Interval

**Power Walkers**: INTERVAL TRAINING: This training schedule will be used on clinic night and 2 additional homework days

1. 5 – 10 min. warm-up (brisk walking)

2. 2 min walking / 2 min. accelerated pace x 4

2 min walking / 5 min. accelerated pace (2)

3. Cool Down

2 DAYS:

1. 5 – 10 min. warm-up (brisk walking)

2. 2 min walking / 2 min. accelerated pace x 4

2 min walking / 15 min. accelerated pace

3. Cool Down