**RUN BROCKVILLE**

YOU’RE ALMOST THERE!

**GRADUATION NIGHT**

Tuesday November 13, 2012

6:00 – 8:00pm





Learn 2 Run AND Power Walking Week 6

CLINIC NIGHT: Warm Up / 2 min Walk - 2 min Jog x 2 / 2 min. Walk - 5 min Jog x 2 / 2 min. walk – 22 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 / 22 min. slow jogging (once)

5 min. cool down with a brisk walk

**Power Walkers**: DISTANCE TRAINING:

CLINIC NIGHT: Warm Up. 2 min Walk - 2 min Jog x 3 / 2 min. Walk 20 accelerated pace

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

2. 2 min walking / 2 min. accelerated pace x 3

2 min walking / 20 min. accelerated pace (ONCE)

3. Cool Down

**STRETCH !**