

IN TRAINING ▶ LearnToRun10K

GET IN TRAINING FOR THE VANCOUVER SUN RUN

So you've decided you want to LearnToRun10K! If you have never run before, or have not done any running for more than three months - this is the program for you! You will notice the gradual progression in which the walking time decreases and the running time increases, so that by the end of 13 weeks you will be ready to RunWalk the Vancouver Sun Run 10K! Ensure that your 'run' portion is always a very slow jog at a comfortable talking pace. Have Fun!



WEEK 1 JAN 20 - 26

SESSION 1 34 MIN.

Warm-up: Walk slow & easy 5 min.
Run 1 min. Walk 2 min.
Do this 8 times.
Cool-down: Walk slow & easy 5 min.

SESSION 2 28 MIN.

Warm-up: Walk slow & easy 5 min.
Run 1 min. Walk 2 min.
Do this 6 times.
Cool-down: Walk slow & easy 5 min.

SESSION 3 31 MIN.

Warm-up: Walk slow & easy 5 min.
Run 1 min. Walk 2 min.
Do this 7 times.
Cool-down: Walk slow & easy 5 min.

WEEK 2 JAN 27 - FEB 2

SESSION 1 38 MIN.

Warm-up: Walk slow & easy 5 min.
Run 2 min. Walk 2 min.
Do this 7 times.
Cool-down: Walk slow & easy 5 min.

SESSION 2 31 MIN.

Warm-up: Walk slow & easy 5 min.
Run 1 min. Walk 2 min.
Do this 7 times.
Cool-down: Walk slow & easy 5 min.

SESSION 3 34 MIN.

Warm-up: Walk slow & easy 5 min.
Run 2 min. Walk 2 min.
Do this 6 times.
Cool-down: Walk slow & easy 5 min.

WEEK 3 FEB 3 - 9

SESSION 1 45 MIN.

Warm-up: Walk slow & easy 5 min.
Run 3 min. Walk 2 min.
Do this 7 times.
Cool-down: Walk slow & easy 5 min.

SESSION 2 34 MIN.

Warm-up: Walk slow & easy 5 min.
Run 2 min. Walk 2 min.
Do this 6 times.
Cool-down: Walk slow & easy 5 min.

SESSION 3 40 MIN.

Warm-up: Walk slow & easy 5 min.
Run 3 min. Walk 2 min.
Do this 6 times.
Cool-down: Walk slow & easy 5 min.

WEEK 4 FEB 10 - 16

EASY RECOVERY WEEK

SESSION 1 40 MIN.

Warm-up: Walk slow & easy 5 min.
Run 3 min. Walk 2 min.
Do this 6 times.
Cool-down: Walk slow & easy 5 min.

SESSION 2 30 MIN.

Warm-up: Walk slow & easy 5 min.
Run 2 min. Walk 2 min.
Do this 5 times.
Cool-down: Walk slow & easy 5 min.

SESSION 3 40 MIN.

Warm-up: Walk slow & easy 5 min.
Run 3 min. Walk 2 min.
Do this 6 times.
Cool-down: Walk slow & easy 5 min.

WEEK 5 FEB 17 - 23

SESSION 1 46 MIN.

Warm-up: Walk slow & easy 5 min.
Run 1 min. Walk 2 min.
Do this 9 times.
Cool-down: Walk slow & easy 5 min.

SESSION 2 34 MIN.

Warm-up: Walk slow & easy 5 min.
Run 2 min. Walk 1 min.
Do this 8 times.
Cool-down: Walk slow & easy 5 min.

SESSION 3 42 MIN.

Warm-up: Walk slow & easy 5 min.
Run 3 min. Walk 1 min.
Do this 8 times.
Cool-down: Walk slow & easy 5 min.

WEEK 6 FEB 24 - MAR 2

SESSION 1 50 MIN.

Warm-up: Walk slow & easy 5 min.
Run 3 min. Walk 1 min.
Do this combination 4 times.
Cool-down: Walk slow & easy 5 min.

SESSION 2 38 MIN.

Warm-up: Walk slow & easy 5 min.
Run 3 min. Walk 1 min.
Do this 7 times.
Cool-down: Walk slow & easy 5 min.

SESSION 3 50 MIN.

Warm-up: Walk slow & easy 5 min.
Run 3 min. Walk 1 min.
Do this 10 times.
Cool-down: Walk slow & easy 5 min.

WEEK 7 MAR 3 - MAR 9

CONGRATULATIONS - YOU ARE MORE THAN HALFWAY THROUGH THE PROGRAM! KEEP GOING!

SESSION 1 52 MIN. OR 5K.

Warm-up: Walk slow & easy 5 min.
Run 5 min. Walk 1 min.
Do this 7 times or repeat pattern over the 5K distance.
Cool-down: Walk slow & easy 5 min.

SESSION 2 40 MIN.

Warm-up: Walk slow & easy 5 min.
Run 4 min. Walk 1 min.
Do this 6 times.
Cool-down: Walk slow & easy 5 min.

SESSION 3 50 MIN.

Warm-up: Walk slow & easy 5 min.
Run 3 min. Walk 1 min.
Do this 9 times.
Cool-down: Walk slow & easy 5 min.

WEEK 8 MAR 10 - 16

EASY RECOVERY WEEK

SESSION 1 50 MIN.

Warm-up: Walk slow & easy 5 min.
Run 4 min. Walk 1 min.
Do this 8 times.
Cool-down: Walk slow & easy 5 min.

SESSION 2 38 MIN.

Warm-up: Walk slow & easy 5 min.
Run 3 min. Walk 1 min.
Do this 7 times.
Cool-down: Walk slow & easy 5 min.

SESSION 3 46 MIN.

Warm-up: Walk slow & easy 5 min.
Run 2 min. Walk 1 min.
Do this 12 times.
Cool-down: Walk slow & easy 5 min.

WEEK 9 MAR 17 - 23

SESSION 1 58 MIN.

Warm-up: Walk slow & easy 5 min.
Run 5 min. Walk 1 min.
Run 3 min. Walk 1 min.
Run 1 min. Walk 1 min.
Do this combination 4 times.
Cool-down: Walk Slow & easy 5 min.

SESSION 2 45 MIN.

Warm-up: Walk slow & easy 5 min.
Run 4 min. Walk 1 min.
Do this 7 times.
Cool-down: Walk slow & easy 5 min.

SESSION 3 55 MIN.

Warm-up: Walk slow & easy 5 min.
Run 4 min. Walk 1 min.
Do this 9 times.
Cool-down: Walk slow & easy 5 min.

WEEK 10 MAR 24 - 30

SESSION 1 70 MIN.

Warm-up: Walk slow & easy 5 min.
Run 5 min. Walk 1 min.
Run 8 min. Walk 1 min.
Do this combination 4 times.
Cool-down: Walk slow & easy 5 min.

SESSION 2 55 MIN.

Warm-up: Walk slow & easy 5 min.
Run 5 min. Walk 1 min.
Run 4 min. Walk 1 min.
Do this 9 times.
Cool-down: Walk slow & easy 5 min.

SESSION 3 58 MIN.

Warm-up: Walk slow & easy 5 min.
Run 5 min. Walk 1 min.
Do this 8 times.
Cool-down: Walk slow & easy 5 min.

WEEK 11 MAR 31 - APRIL 6

SESSION 1 60-70 MIN.

Warm-up: Walk slow & easy 10 min.
Find a hill that has an incline of approx. 25 degrees. Run 1 min. uphill, followed by a slow & easy recovery walk back down hill. Do this 10 times. Using the same hill, do a 30 second run uphill, followed by a slow & easy recovery walk back down. Do this 8 times.
Cool-down: Walk slow & easy 10 min.

SESSION 2 55 MIN.

Warm-up: Walk slow & easy 5 min.
Run 4 min. Walk 1 min.
Do this 6 times.
Cool-down: Walk slow & easy 5 min.

SESSION 3 58-60 MIN.

Warm-up: Walk slow & easy 5 min.
Run 5 min. Walk 1 min.
Do this 8 times.
Cool-down: Walk slow & easy 5 min.

WEEK 12 APR 7 - 13

EASY RECOVERY WEEK

SESSION 1 61 MIN.

Warm-up: Walk slow & easy 5 min.
Run 5 min. Walk 1 min.
Run 10 min. Walk 1 min
Do this combination 3 times.
Cool-down: Walk slow & easy 5 min.

SESSION 2 40 MIN.

Warm-up: Walk slow & easy 5 min.
Run 4 min. Walk 1 min.
Do this 6 times.
Cool-down: Walk slow & easy 5 min.

SESSION 3 52 MIN.

Warm-up: Walk slow & easy 5 min.
Run 5 min. Walk 1 min.
Run 5 min. Walk 1 min.
Do this 7 times.
Cool-down: Walk slow & easy 5 min.

WEEK 13 APR 14 - 20

SESSION 1 54 MIN.

Warm-up: Walk slow & easy 5 min.
Run 10 min. Walk 1 min.
Do this 4 times.
Cool-down: Walk slow & easy 5 min.

SESSION 2 40 MIN.

Warm-up: Walk slow & easy 5 min.
Run 4 min. Walk 1 min.
Do this 6 times.
Cool-down: Walk slow & easy 5 min.

SESSION 3 45 MIN.

Warm-up: Walk slow & easy 5 min.
Run 4 min. Walk 1 min.
Do this 7 times.
Cool-down: Walk slow & easy 5 min.

IN TRAINING ▶ RunWalk10K

GET IN TRAINING FOR THE VANCOUVER SUN RUN

So now that you have completed the LearnToRun10K program, what's next? The RunWalk10K program is an intermediate progression for those who would like to work up to the Run10KStronger program, or for those who are ready to incorporate more running into their training but still enjoy the walk recoveries. Your goal for following this program will be to simply feel more comfortable when you run, and prepare you to complete the Vancouver Sun Run 10K.



WEEK 1 JAN 20 - 26

SESSION 1 44 MIN.

Warm-up: Walk slow & easy 10 min.
3 min. brisk run - 2 min. recovery walk
2 min. brisk run - 2 min. recovery walk
1 min. brisk run - 2 min. recovery walk
Do this combination 2 times.
Cool-down: Walk slow & easy 10 min.

SESSION 2 30 MIN.

Warm-up: Walk slow & easy 5 min.
Run 4 min. Walk 1 min.
Do this 4 times.
Cool-down: Walk slow & easy 5 min.

SESSION 3 35 MIN.

Warm-up: Walk slow & easy 5 min.
Run 4 min. Walk 1 min.
Do this 5 times.
Cool-down: Walk slow & easy 5 min.

WEEK 2 JAN 27 - FEB 2

SESSION 1 44 MIN.

Warm-up: Walk slow & easy 10 min.
2 min brisk run - 2 min recovery walk.
Do this 6 times.
Cool-down: Walk slow & easy 10 min.

SESSION 2 30 MIN.

Warm-up: Walk slow & easy 5 min.
Run 4 min. Walk 1 min.
Do this 4 times.
Cool-down: Walk slow & easy 5 min

SESSION 3 40 MIN.

Warm-Up: Walk slow & easy 5 min.
Run 4 min. Walk 1 min.
Do this 6 times.
Cool-Down: Walk slow & easy 5 min.

WEEK 3 FEB 3 - 9

SESSION 1 50 MIN.

Warm-up: Walk slow & easy 10 min.
1 min brisk run - 2 min recovery walk.
Do this 10 times.
Cool-down: Walk slow & easy 10 min.

SESSION 2 30 MIN.

Warm-up: Walk slow & easy 5 min.
Run 4 min. Walk 1 min.
Do this 4 times.
Cool-down: Walk slow & easy 5 min.

SESSION 3 45 MIN.

Warm-up: Walk slow & easy 5 min.
Run 4 min. Walk 1 min.
Do this 7 times.
Cool-down: Walk slow & easy 5 min.

WEEK 4 FEB 10 - 16

EASY RECOVERY WEEK

SESSION 1 45 MIN.

Warm-up: Walk slow & easy 10 min.
Run 4 min. Walk 1 min.
Run 9 min. Walk 1 min.
Run 9 min. Walk 1 min.
Cool-down: Walk slow & easy 10 min.

SESSION 2 30 MIN.

Warm-up: Walk slow & easy 5 min.
Run 9 min. Walk 1 min.
Do this 3 times.
Cool-down: Walk slow & easy 5 min.

SESSION 3 40 MIN.

Warm-up: Walk slow & easy 5 min.
Run 9 min. Walk 1 min.
Do this 3 times.
Cool-down: Walk slow & easy 5 min.

OVER HALFWAY!

SESSION 1 50 MIN. OR 5K

Warm-up: Walk slow & easy 10 min.
30 min. run or 5K distance (as you feel)
Cool-down: Walk slow & easy 10 min.

SESSION 2 30 MIN.

Warm-up: Walk slow & easy 5 min.
Run 9 min. Walk 1 min.
Do this 2 times.
Cool-down: Walk slow & easy 5 min.

SESSION 3 40 MIN.

Warm-up: Walk slow & easy 5 min.
Run 9 min. Walk 1 min.
Do this 3 times.
Cool-down: Walk slow & easy 5 min.

WEEK 5 FEB 17 - FEB 23

SESSION 1 55 MIN.

Warm-up: Walk slow & easy 10 min.
5 min brisk run - 2 min recovery walk.
Do this 5 times.
Cool-down: Walk slow & easy 10 min.

SESSION 2 30 MIN.

Warm-up: Walk slow & easy 5 min.
Run 9 min. Walk 1 min.
Do this 2 times.
Cool-down: Walk slow & easy 5 min.

SESSION 3 40 MIN.

Warm-up: Walk slow & easy 5 min.
Run 9 min. Walk 1 min.
Do this 3 times.
Cool-down: Walk slow & easy 5 min.

WEEK 6 FEB 24 - MAR 2

SESSION 1 60 MIN.

Warm-up: Walk slow & easy 10 min.
40 min. change-of-pace Fartlek as you feel.
Cool-down: Walk slow & easy 10 min.

SESSION 2 30 MIN.

Warm-up: Walk slow & easy 5 min.
Run 9 min. Walk 1 min.
Do this 2 times.
Cool-down: Walk slow & easy 5 min.

SESSION 3 40 MIN.

Warm-up: Walk slow & easy 5 min.
Run 9 min. Walk 1 min.
Do this 3 times.
Cool-down: Walk slow & easy 5 min.

WEEK 7 MAR 3 - 9

OVER HALFWAY!

SESSION 1 50 MIN. OR 5K

Warm-up: Walk slow & easy 10 min.
30 min. run or 5K distance (as you feel)
Cool-down: Walk slow & easy 10 min.

SESSION 2 30 MIN.

Warm-up: Walk slow & easy 5 min.
Run 9 min. Walk 1 min.
Do this 2 times.
Cool-down: Walk slow & easy 5 min.

SESSION 3 40 MIN.

Warm-up: Walk slow & easy 5 min.
Run 9 min. Walk 1 min.
Do this 3 times.
Cool-down: Walk slow & easy 5 min.

WEEK 8 MAR 10 - 16

EASY RECOVERY WEEK

SESSION 1 60 MIN.

Warm-up: Walk slow & easy 10 min.
Easy run 9 min. Walk 1 min.
Do this 4 times.
Cool-down: Walk slow & easy 10 min.

SESSION 2 30 MIN.

Warm-up: Walk slow & easy 5 min.
Run 9 min. Walk 1 min.
Do this 2 times.
Cool-down: Walk slow & easy 5 min.

SESSION 3 40 MIN.

Warm-up: Walk slow & easy 5 min.
Run 9 min. Walk 1 min.
Do this 3 times.
Cool-down: Walk slow & easy 5 min.

WEEK 9 MAR 17 - 23

SESSION 1 65-75 MIN.

Warm-up: Walk slow & easy 10 min.
Find a hill that has an incline of approx. 25°
1 min. brisk run uphill - slow & easy recovery walk downhill
Do this 10 times.
30 sec. brisk run uphill - slow & easy recovery walk downhill
Do this 8 times.
Cool-down: Walk slow & easy 10 min.

SESSION 2 30 MIN.

Warm-up: Walk slow & easy 5 min.
Run 9 min. Walk 1 min.
Do this 2 times.
Cool-down: Walk slow & easy 5 min.

SESSION 3 40 MIN.

Warm-up: Walk slow & easy 5 min.
Run 9 min. Walk 1 min.
Do this 3 times.
Cool-down: Walk slow & easy 5 min.

WEEK 10 MAR 24 - 30

SESSION 1 70 MIN.

Warm-up: Walk slow & easy 10 min.
3 min brisk run - 2 min recovery walk.
Cool-down: Walk slow & easy 10 min.

SESSION 2 30 MIN.

Warm-up: Walk slow & easy 5 min.
Run 9 min. Walk 1 min.
Do this 4 times.
Cool-down: Walk slow & easy 5 min.

SESSION 3 50 MIN.

Warm-up: Walk slow & easy 5 min.
Run 40 min. as you feel
OR
Run 9 min. Walk 1 min. (3 times)
Cool-down: Walk slow & easy 5 min.

WEEK 11 MAR 31 - APR 6

SESSION 2 40 MIN.

Warm-up: Walk slow & easy 5 min.
Run 30 min. as you feel
OR
Run 9 min. Walk 1 min. (3 times)
Cool-down: Walk slow & easy 5 min.

SESSION 3 50 MIN.

Warm-up: Walk slow & easy 5 min.
Run 40 min. as you feel
OR
Run 9 min. Walk 1 min. (4 times)
Cool-down: Walk slow & easy 5 min.

WEEK 12 APR 7 - 13

EASY RECOVERY WEEK

SESSION 1 50 MIN.

Warm-up: Walk slow & easy 10 min.
3 min brisk run - 2 min recovery walk.
Cool-down: Walk slow & easy 10 min.

SESSION 2 30 MIN.

Warm-up: Walk slow & easy 5 min.
Run 9 min. Walk 1 min.
Do this 2 times.
Cool-down: Walk slow & easy 5 min.

SESSION 3 40 MIN.

Warm-up: Walk slow & easy 5 min.
Run 40 min. as you feel
OR
Run 9 min. Walk 1 min. (4 times)
Cool-down: Walk slow & easy 5 min.

WEEK 13 APR 14 - 20

THIS IS IT!

SESSION 1 44 MIN.

Warm-up: Walk slow & easy 5 min.
3 min brisk run - 2 min recovery walk
2 min brisk run - 2 min recovery walk
1 min brisk run - 2 min recovery walk
Do this combination 2 times.
Cool-down: Walk slow & easy 10 min.

SESSION 2 30 MIN.

IN TRAINING

Walk10K and NordicWalk10K

GET IN TRAINING FOR THE VANCOUVER SUN RUN

Your goal for following the InTraining Walk10K or NordicWalk10K program should be to safely and comfortably complete the Vancouver Sun Run 10K at the end of 13 weeks. Your personal pace is entirely up to you, and for the most part you should be relaxed, steady, and able to carry on a conversation. Whether you are a beginner or already an avid walker, the InTraining Walk10K and NordicWalk10K programs will provide you with a comfortable progression of distances and change-of-pace to ensure you progress at your own level. Have Fun!

WEEK 1 JAN 20 - 26

SESSION 1 44 MIN.

Warm-up: Walk slow & easy for 10 min.
3 min. brisk walk - 2 min. recovery walk
2 min. brisk walk - 2 min. recovery walk
1 min. brisk walk - 2 min. recovery walk
Do this combination 2 times.

Cool-down: Walk slow & easy for 10 min.

SESSION 2 30 MIN.

Warm-up: Walk slow & easy for 5 min.
Walk for 20 min.

Cool-down: Walk slow & easy for 5 min.

SESSION 3 35 MIN.

Warm-up: Walk slow & easy for 5 min.
Walk for 25 min.

Cool-down: Walk slow & easy for 5 min.

WEEK 2 JAN 27 - FEB 2

SESSION 1 40 MIN.

Warm-up: Walk slow & easy for 10 min.
2 min. brisk walk - 2 min. recovery walk
Do this 5 times.

Cool-down: Walk slow & easy for 10 min.

SESSION 2 30 MIN.

Warm-up: Walk slow & easy for 5 min.
Walk for 20 min.

Cool-down: Walk slow & easy for 5 min.

SESSION 3 40 MIN.

Warm-up: Walk slow & easy for 5 min.
Walk for 30 min.

Cool-down: Walk slow & easy for 5 min.

WEEK 3 FEB 3 - 9

SESSION 1 44 MIN.

Warm-up: Walk slow & easy 10 min.
3 min. brisk walk - 2 min. recovery walk
Do this 8 times.

Cool-down: Walk slow & easy 10 min.

SESSION 2 40 MIN.

Warm-up: Walk slow & easy 5 min.
Walk for 30 min.

SESSION 3 50 MIN.

Warm-up: Walk slow & easy 5 min.
Walk for 40 min.

Cool-down: Walk slow & easy 5 min.

WEEK 4 FEB 10 - 16

EASY RECOVERY WEEK.

SESSION 1 40 MIN.

Warm-up: Walk slow & easy for 10 min.
Easy 20 minute walk.

Cool-down: Walk slow & easy for 10 min.

SESSION 2 30 MIN.

Warm-up: Walk slow & easy for 5 min.
Walk for 20 min.

Cool-down: Walk slow & easy for 5 min.

SESSION 3 40 MIN.

Warm-up: Walk slow & easy for 5 min.
Walk for 30 min.

Cool-down: Walk slow & easy for 5 min.

WEEK 5 FEB 17 - 23

SESSION 1 48 MIN.

Warm-up: Walk slow & easy 10 min.
5 min. brisk walk - 2 min. recovery walk
Do this 4 times.

Cool-down: Walk slow & easy 10 min.

SESSION 2 40 MIN.

Warm-up: Walk slow & easy for 5 min.
Walk for 30 min.

Cool-down: Walk slow & easy for 5 min.

SESSION 3 50 MIN.

Warm-up: Walk slow & easy 5 min.
Walk for 40 min.

Cool-down: Walk slow & easy 5 min.

WEEK 6 FEB 24 - MAR 2

SESSION 1 56 MIN.

Warm-up: Walk slow & easy 10 min.
3 min. brisk walk - 2 min. recovery walk
2 min. brisk walk - 2 min. recovery walk
1 min. brisk walk - 2 min. recovery walk
Do this combination 3 times.

Cool-down: Walk slow & easy 10 min.

SESSION 2 40 MIN.

Warm-up: Walk slow & easy for 5 min.
Walk for 30 min.

SESSION 3 50 MIN.

Warm-up: Walk slow & easy for 5 min.
Walk for 40 min.

Cool-down: Walk slow & easy for 5 min.

WEEK 7 MAR 3 - 9

OVER HALFWAY!

SESSION 1 60 MIN. OR 5K.

Warm-up: Walk slow & easy for 5 min.
5K Walk.

Cool-down: Walk slow & easy for 5 min.

SESSION 2 50 MIN.

Warm-up: Walk slow & easy 5 min.
Walk for 40 min.

Cool-down: Walk slow & easy 5 min.

SESSION 3 55 MIN.

Warm-up: Walk slow & easy 5 min.
Walk for 45 min.

Cool-down: Walk slow & easy 5 min.

WEEK 8 MAR 10 - 16

EASY RECOVERY WEEK.

Warm-up: Walk slow & easy 5 min.
Walk for 50 min.

Cool-down: Walk slow & easy 5 min.

SESSION 2 30 MIN.

Warm-up: Walk slow & easy for 5 min.
Walk for 30 min.

Cool-down: Walk slow & easy for 5 min.

SESSION 3 40 MIN.

Warm-up: Walk slow & easy for 5 min.
Walk for 30 min.

Cool-down: Walk slow & easy for 5 min.

WEEK 9 MAR 17 - 23

SESSION 1 70 MIN.

Warm-up: Walk slow & easy 10 min.
5 min. brisk walk - 2 min. recovery walk
4 min. brisk walk - 2 min. recovery walk
3 min. brisk walk - 2 min. recovery walk
2 min. brisk walk - 2 min. recovery walk
1 min. brisk walk - 2 min. recovery walk
Do this combination 2 times.

Cool-down: Walk slow & easy 10 min.

SESSION 2 50 MIN.

Warm-up: Walk slow & easy for 5 min.
Walk for 40 min.

SESSION 3 60 MIN.

Warm-up: Walk slow & easy for 5 min.
Walk for 50 min.

Cool-down: Walk slow & easy 5 min.

WEEK 10 MAR 24 - 30

SESSION 1 80 MIN.

Warm-up: Walk slow & easy for 20 min.
2 min. brisk walk - 2 min. recovery walk
Do this 10 times.

Cool-down: Walk slow & easy for 20 min.

SESSION 2 50 MIN.

Warm-up: Walk slow & easy for 5 min.
Walk for 40 min.

Cool-down: Walk slow & easy for 5 min.

SESSION 3 60 MIN.

Warm-up: Walk slow & easy for 5 min.
Walk for 50 min.

Cool-down: Walk slow & easy 5 min.

WEEK 11 MAR 31 - APR 6

SESSION 1 65-75 MIN.

Hill Training!
Warm-up: Walk slow & easy 10 min.
Find a hill that has an incline of approx. 25 degrees.

1 min. brisk walk uphill, followed by a slow & easy recovery walk back down hill. Do this 10 times. Using the same hill, do a 30 second brisk walk uphill, followed by a slow & easy recovery walk back down. Do this 8 times.

Cool-down: Walk slow & easy 10 min.

SESSION 2 50 MIN.

Warm-up: Walk slow & easy for 5 min.
Walk for 40 min.

Cool-down: Walk slow & easy for 5 min.

SESSION 3 70 MIN.

Warm-up: Walk slow & easy for 5 min.
Walk for 60 min.

Cool-down: Walk slow & easy for 5 min.

WEEK 12 APR 7 - 13

EASY RECOVERY WEEK.

SESSION 1 80 MIN.

Warm-up: Walk slow & easy 5 min.
Walk for 70 min.

Cool-down: Walk slow & easy 5 min.

SESSION 2 50 MIN.

Warm-up: Walk slow & easy 5 min.
Walk for 40 min.

Cool-down: Walk slow & easy 5 min.

SESSION 3 60 MIN.

Warm-up: Walk slow & easy 5 min.
Walk for 50 min.

Cool-down: Walk slow & easy 5 min.

WEEK 13 APR 14 - 20

THIS IS IT!

SESSION 1 44 MIN.

Warm-up: Walk slow & easy for 10 min.
3 min. brisk walk - 2 min. recovery walk;
2 min. brisk walk - 2 min. recovery walk;
1 min. brisk walk - 2 min. recovery walk;
Do this combination 2 times.

Cool-down: Walk slow & easy for 10 min.

SESSION 2 40 MIN.

Warm-up: Walk slow & easy for 5 min.
Walk for 30 min.

Cool-down: Walk slow & easy for 5 min.

SESSION 3 SUN RUN 10K

April 22 - Have fun, and take care not to start out too quickly. See you at the finish line!

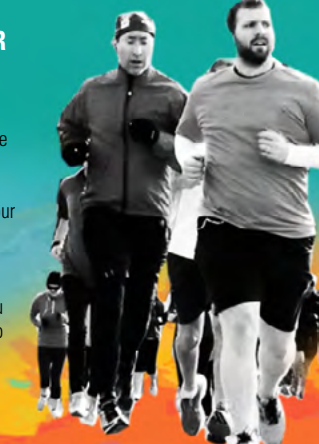
Congratulations!

IN TRAINING

Run10K Stronger

GET IN TRAINING FOR THE VANCOUVER SUN RUN

Have you already completed the LearnToRun10K and/or the RunWalk10K program? Or have you already been running on your own, 2-3 times per week for approx. 30 minutes? If so, the Run10K Stronger program is for you! This program will help you achieve your goal of learning to run faster or simply feel more comfortable when you run.



WEEK 1 JAN 20 - 26

SESSION 1 44 MIN.

Warm-up: Run slow & easy 10 min.
3 min. brisk run - 2 min. recovery run
2 min. brisk run - 2 min. recovery run
1 min. brisk run - 2 min. recovery run
Do this combination 2 times.

Cool-down: Run slow & easy 10 min.

SESSION 2 30 MIN.

Warm-up: Run slow & easy 5 min.
Run 20 min.

Cool-down: Run slow & easy 5 min.

SESSION 3 35 MIN.

Warm-up: Run slow & easy 5 min.
Run 25 min.

Cool-down: Run slow & easy 5 min.

WEEK 2 JAN 27 - FEB 2

SESSION 1 44 MIN.

Warm-up: Run slow & easy 10 min.
2 min. brisk run - 2 min. recovery run.
Do this 6 times.

Cool-down: Run slow & easy 10 min.

SESSION 2 30 MIN.

Warm-up: Run slow & easy 5 min.
Run 20 min.

Cool-down: Run slow & easy 5 min.

SESSION 3 40 MIN.

Warm-up: Run slow & easy for 5 min.
Run for 30 min.

Cool-down: Run slow & easy for 5 min.

WEEK 3 FEB 3 - 9

SESSION 1 50 MIN.

Warm-up: Run slow & easy 10 min.
1 min. brisk run - 2 min. recovery run.
Do this 10 times.

Cool-down: Run slow & easy 10 min.

SESSION 2 30 MIN.

Warm-up: Run slow & easy 5 min.
Run 20 min.

Cool-down: Run slow & easy 5 min.

SESSION 3 45 MIN.

Warm-up: Run slow & easy 5 min.
Run 35 min.

Cool-down: Run slow & easy 5 min.

WEEK 4 FEB 10 - 16

EASY RECOVERY WEEK.

SESSION 1 45 MIN.

Warm-up: Run slow & easy 10 min.
Easy 25 minute run.

Cool-down: Run slow & easy 10 min.

SESSION 2 30 MIN.

Warm-up: Run slow & easy 5 min.
Run 20 min.

Cool-down: Run slow & easy 5 min.

SESSION 3 40 MIN.

Warm-up: Run slow & easy 5 min.
Run 30 min.

Cool-down: Run slow & easy 5 min.

WEEK 5 FEB 17 - 23

SESSION 1 55 MIN.

Warm-up: Run slow & easy 10 min.
5 min. brisk run - 2 min. recovery run.
Do this 5 times.

Cool-down: Run slow & easy 10 min.

SESSION 2 30 MIN.

Warm-up: Run slow & easy 5 min.
Run 20 min.

Cool-down: Run slow & easy 5 min.

SESSION 3 40-50 MIN.

Warm-up: Run slow & easy 5 min.
Run 30-40 min. as you feel.

Cool-down: Run slow & easy 5 min.

WEEK 6 FEB 24 - MAR 2

SESSION 1 60 MIN.

Warm-up: Run slow & easy 10 min.
40 min. change-of-pace Fartlek as you feel.
Cool-down: Run slow & easy 10 min.

SESSION 2 30-40 MIN.

Warm-up: Run slow & easy 5 min.
Run 20-30 min. as you feel.

Cool-down: Run slow & easy 5 min.

SESSION 3 40-50 MIN.

Warm-up: Run slow & easy 5 min.
Run 30-40 min. as you feel.

Cool-down: Run slow & easy 5 min.

WEEK 7 MAR 3 - 9

OVER HALFWAY!

SESSION 1 50 MIN. OR 5K

Warm-up: Run slow & easy 10 min.
30 min. or 5K Run.

Cool-down: Run slow & easy 10 min.

SESSION 2 30-40 MIN.

Warm-up: Run slow & easy 5 min.
Run 20-30 min. as you feel.

Cool-down: Run slow & easy 5 min.

SESSION 3 50-60 MIN.

Warm-up: Run slow & easy 5 min.
Run 40-50 min. as you feel.

Cool-down: Run slow & easy 5 min.

WEEK 8 MAR 10 - 16

EASY RECOVERY WEEK.

SESSION 1 60 MIN.

Warm-up: Run slow & easy 10 min.
Easy 40 minute run.

Cool-down: Run slow & easy 10 min.

SESSION 2 30 MIN.

Warm-up: Run slow & easy 5 min.
Run 20 min.

Cool-down: Run slow & easy 5 min.

SESSION 3 40 MIN.

Warm-up: Run slow & easy 5 min.
Run 30 min.

Cool-down: Run slow & easy 5 min.

WEEK 9 MAR 17 - 23

SESSION 1 65 MIN.

Warm-up: Run slow & easy 10 min.
5 min. brisk run - 2 min. recovery run;
3 min. brisk run - 2 min. recovery run;
1 min. brisk run - 2 min. recovery run.
Do this combination 3 times.

Cool-down: Run slow & easy 10 min.

SESSION 2 30-40 MIN.

Warm-up: Run slow & easy 5 min.
Run 20-30 min. as you feel.

Cool-down: Run slow & easy 5 min.

SESSION 3 50-60 MIN.

Warm-up: Run slow & easy 5 min.
Run 40-50 min. as you feel.

Cool-down: Run slow & easy 5 min.

WEEK 10 MAR 24 - 30

SESSION 1 70 MIN.

Warm-up: Run slow & easy for 10 min.
3 min. brisk run - 2 min. recovery run.
Do this combination 10 times.

Cool-down: Run slow & easy for 10 min.

SESSION 2 30-40 MIN.

Warm-up: Run slow & easy 5 min.
Run 20-30 min. as you feel.

Cool-down: Run slow & easy 5 min.

SESSION 3 50-60 MIN.

Warm-up: Run slow & easy 5 min.
Run 40-50 min. as you feel.

Cool-down: Run slow & easy 5 min.

WEEK 11 MAR 31 - APR 6

SESSION 1 6