

Which SportMedBC RunWalk Program is Right for Me?

Walk10K

Choose Walk10K if your goal is to **WALK** and you don't want to use Nordic Walking Poles.

The Walk10K Program follows a nice, progressive, change-of-pace schedule that is appropriate for both beginners and experienced walkers. Your workouts will consist of interval training that leads you through periods of brisk walking, followed by an easy recovery walk. The pace of these intervals is relative, and can be tailored to your own abilities and training goals. Ideally, you should be able to walk comfortably for approximately 30 minutes before joining the program.

NordicWalk10K

Choose NordicWalk10K if your goal is to **WALK** and you want to use **Nordic Walking Poles**.

Following a similar training plan to that of Walk10K, this program utilizes Nordic Poles to help participants increase upper-body mobility & strength, as well as improve their overall range-of-motion with every step. Nordic Pole walking is an ideal choice for participants with injuries, chronic conditions, limited mobility, or who may be getting back into a fitness regime after a period of inactivity. It can also be a great alternative to running & walking if you are looking to try something new!

LearnToRun10K

Choose LearnToRun10K if your goal is to **RUN**, and one or more of the following apply to you:

- a. I have never run before
- b. I have done very minimal running in the past 3 months
- c. I am not comfortable with a 10-15 min. run interval
- d. I am not concerned about increasing my run pace

The LearnToRun10K program is designed for anyone who is interested in learning to run, or who has not been consistently running for the past 3 months. The change-of-pace method of training will have you starting out with more walking than running, but will gradually increase in intensity throughout the 13 weeks of the program so that you are prepared to safely & comfortably complete a 10K distance.

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Run10K

Choose Run10K if your goal is to **RUN**, and the following apply to you:

- a. I have completed the LearnToRun10K Program or a recent 10K distance
- b. I have been consistently running (min. 1-2 times per week) in the past 3 months
- c. I am comfortable with a 10-15 min. run interval
- d. I would like to work on increasing my run pace
- e. During my training sessions, I want walking recovery intervals

This is an intermediate progression for those who would like to work up to Run10KStronger, or for those who are ready to incorporate a faster run pace into their training, but still enjoy the walk recoveries. Your goal for following this program will be to feel more comfortable when you run, and prepare you to complete a 10K with quicker RunWalk combinations. This is **NOT** a learn-to-run program! If you have not been running for 3+ months, or are not comfortable with a 10K distance, then please choose the LearnToRun10K Program

Run10KStronger

Choose Run10KStronger if your goal is to **RUN**, and the following apply to you:

- a. I have completed the LearnToRun10K Program, Run10K Program, or a recent 10K distance
- b. I have been consistently running (min. 2-3 times per week) in the past 3 months
- c. I am comfortable with a 30 min. run interval
- d. I would like to work on increasing my run pace
- e. During my training sessions, I want slow jog recovery intervals

This is designed for participants who have previously completed LearnToRun10K or RunWalk10K, and/or are already running for 30 minutes per session approx. three times per week. Utilizing a change-of-pace method of training, you will work on increasing your endurance, stamina, and speed by alternating between brisk & recovery-paced intervals.

**For more information, please visit
www.SportMedBC.com**