



PROGRAMS & COACHING ADVICE: WEEK #1

“You get the best out of others when you give the best of yourself.” – Harry Firestone

THE WORKOUT ON CLINIC DAY: SESSION 1 FOR ALL PROGRAMS

**Refer to your InTraining Pocket Pull-out for the other 2 workouts in the week for each program OR scroll down to find your Full Week 1 Program*

Walk10K/NordicWalk10K 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.
LearnToRun10K 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.
New! RunWalk10K 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.
Run10KStronger 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. (Note: Brisk running means you should not be able to speak any more than 2 sentences at one time. Anymore and you’re going too slow, any less and you’re going too fast.)





Walk10K/NordicWalk10K

The principles of a walking program are exactly the same as a run program, and so are the benefits. Change-of-pace intervals help develop fitness, keep the group together, prevent over-use injuries and keep things interesting. Your group will likely be split into pace groups, to avoid beginners getting lumped in with the avid walkers. Ideally there should be a difference in pace between the “Brisk Walk” and the “Recovery Walk”. Your warmups, cool-downs and recoveries should always be at a talking pace: slow and easy so that you can carry on a conversation. The change-of-pace intervals should be brisk, which means the pace is just slightly faster than the talking pace: Not huffin’ and puffin’ – only slightly above a talking pace.

WALK TECHNIQUE: (Scroll down for Special Nordic Walking Technique Tips) Upright body carriage, nice big arm swing, strong heel-toe action. It’s the arms that dictate the pace. Remember, regardless of the pace, you need to be comfortable – watch for signs of pushing too hard such as heavy breathing and the inability to carry on a conversation. Even when you are walking briskly, you should be able to speak at least two consecutive sentences. If you can’t do this, it is important that you slow your pace down.

Note that you can choose **NOT** to do the change-of-pace intervals, however make sure you complete the total number of minutes indicated for the session.

LearnToRun10K

This is often the largest group in the clinic. Many participants will have completed this program in the past, and there will be others who have little or no running experience. There will be feelings of excitement, anxiety and without a doubt most of you will want to run at a pace that is quicker than what you can handle. Remember, running is not easy. It takes time for the muscles, joints and tendons to adapt to the impact. And, as the pace increases so does the impact and the likelihood of incurring an injury.

Make sure that you keep the run portion slow and comfortable. At this point the run pace is more like a "shuffle-jog" in which you are able to carry on a conversation. If you cannot speak easily it means you are probably going faster than a shuffle, and need to slow down!

SUGGESTION: Complete the first minute of running on the spot. Meaning, you won’t travel anywhere, you are running in one spot.

TECHNIQUE: Upright body carriage, a short swing of the arms and little steps with no knee lift. You are not “bouncing”, it is a shuffle. Think of how a boxer looks when training, or even a dancer doing the cha-cha! The weight is distributed on the mid-to-forefoot, unlike walking, which is clearly a heel-toe action, and your foot should land under your hip so that you tap into your strong muscle groups when you push off. Take care to have a forward-and-back arm swing and try not to cross the mid-line of the body in front. This will prevent you from over-rotating with the torso, and in turn prevent possible discomforts in your hip, knees and ankles.





New! RunWalk10K

You are ready for this program if you are familiar and comfortable with running and walking combinations for at least 30 minutes at a time 3 times per week. If not, then you should start with the LearnToRun10K Program. This RunWalk10K program is an intermediate progression for those who are ready to incorporate more running, but still enjoy the walk recoveries. Your goal for following the RunWalk10K program should be to simply feel more comfortable when you run, and prepare to complete your next 10K event continuing with progressions in RunWalk combinations rather than running steady (even though you are capable of running steady without those walk recoveries if you felt like it!).

This is still very much a gradual entry RunWalk program, however once again, if you have not done any running in the last few months, then please choose the LearnToRun program. The assumption here is that you are used to alternating running up to 10 minutes at a time, followed by a walk recovery of likely about 1 minute, and enjoy this combination both for variety as well as injury prevention. As with all programs, your warm-ups, cool-downs and recoveries should be at a super easy comfortable talking pace – it's worth noting the fastest runners in the world often warm up and cool down at a snail's pace! At this stage we will stay with the "4-and-1" combinations in the coming weeks (ie. 4 minutes of running followed by 1 minute of recovery walking) to ensure that you stay comfortable and develop an easy rhythm before we progress to "9-and-1's" later in the program. *If the "4-and-1" combination feels too much for you, then make sure you choose LearnToRun10K so that you are comfortable.

New for you: "Brisk" change-of-pace intervals in Session 1 of every week. Your pace for the brisk change-of-pace intervals in the workout portion of Session 1 means slightly faster than a talking pace. How to increase running pace? It's always the arm action that sets the pace. Increase your arm cadence, and your legs will go with you. You should always be able to speak a few words or a short sentence without losing your breath. If you are huffin' and puffin', then you are going too fast for yourself, so slow down. If you are carrying on a full conversation, then you can probably increase your pace a little bit, so consciously increase your arm action and you'll move a little quicker. This concept will take time to develop, and it's important to understand "pace is personal": You should always run as you feel. You will enjoy the 2-minute recovery walk after the change-of-pace intervals, and you will be recovered and ready to run again after that walk interval. If this is not the case, you are going too fast. If this doesn't make sense, ask your leader to help you!

"Pace is personal." SUGGESTION: Your group can start together. Allow yourselves to separate and run as you feel during the run interval. Once the interval is over, you as a leader can whistle or "whoop" to signal the time is up, and have the faster participants turn-around to regroup during the walk recovery. Your group will then start together again for the second change-of-pace interval, and so on.





Run10KStronger

This is a group of already avid runners. If you are not already comfortable running at least 30 minutes at a time 3 times per week then you really should either do the LearnToRun Program. If you are a graduate of the LearnToRun program, you can choose to walk the recoveries during the brisk intervals, and complete the minutes of running on your homework days using a 10-and-one formula; ie. Run for 10 minutes and walk recovery for 1 minute for the suggested volume of time. Our goal here is to become more comfortable and efficient at a talking pace; depending on your age and fitness level, this might mean running faster times than ever before or simply maintaining and feeling comfortable. The way to become more efficient is to run brisk change-of-pace intervals, so that when you return to a talking pace, it will feel easier and more comfortable. All warm-ups, cool-downs and recoveries should be at a super easy comfortable talking pace – the fastest runners in the world often warm up and cool down at a snail's pace! The pace for the change-of-pace intervals should be "brisk", which means you are slightly faster than a talking pace. You should still be able to speak a few words or a short sentence without losing your breath, but not more. You should feel that you need that 2 min. shuffle-jog recovery, but that you are also ready to go again after that recovery. If this is not the case, you are going too fast. If this doesn't make sense, ask your leader to explain this concept!

"Pace is personal." **SUGGESTION:** Your group can start together. Allow yourselves to separate and run as you feel during the brisk interval. Once the interval is over, your leader will whistle or "whoop" to signal the time is up, and have the faster participants turn-around to regroup during the jog recovery. Your group will start together again for the second change-of-pace interval, and so on.

NordicWalk10K Technique

Focus: *Becoming acquainted with those new appendages: The poles!*

Before you begin, take the time to adjust pole straps and strap the poles on properly. Take care to go over safe removal and re-attachment of asphalt paws: Twist the pole with both hands, simultaneously pulling in opposite directions, twisting the paw to unscrew it. Remember those paws are like a new pair of shoes, and may take time to break in. Important for safety reasons: Remember to keep paws on during the warm-up and stretching exercises.

In order to experience the full benefits of Nordic Walking it's important to develop good technique. This will take time and practice, and a lot longer than 13 weeks to perfect.

Nordic Walk for Health: Learning to Nordic Walk

The following 4 steps are designed to help you progress to proper Nordic Walking technique:

1. **Carry:** Hold the poles in the centre, relax the shoulders, and try to find a natural heel-toe walking rhythm, swinging the arms front-to-back.
2. **Drag:** Keep the hands open on the grip, concentrating on a full forward and back swing from the shoulders and torso, with no conscious planting of the poles, other than what begins to happen naturally.





3. **Plant:** Lightly grip the poles (as though holding a baby's hand), and swing the arms in front (as though reaching forward to shake somebody's hand). This is how far in front the pole should be planted. The poles will form an "A" shape, angled backward at about 45 degrees and positioned by the opposite heel.
4. **Push:** As planting the poles begins to feel more comfortable, start to push the pole forcefully into the ground and backward, feeling the muscles in the back of the arms beginning to work. Grip the pole as the arm swings forward for planting, and open the palm as the pole is pushed backward and the arm extends.

Warm-up: Use the 10 minute warm-up to get used to the weight of the poles. It's a good idea to begin with the Carry. Simply carry the poles as described above for the first 5 minutes. Then stop to work through several dynamic warm-up exercises utilizing the poles for stability. Finish the warm-up with another few minutes of easy walking, simply carrying the poles.

The Workout: Begin with simply dragging the poles as described above. You will soon start to feel the pole traction into the ground. That traction, or gripping of the ground, will naturally progress to a plant as the traction feels stronger and you become more comfortable.

Try to utilize the 2 minute brisk intervals to work on technique, and regroup during the 2 minute recoveries for rest and instruction/observation. Pace is not important at this stage. You should always be at a comfortable talking pace, simply working on getting used to your poles. *If it seems too difficult to keep track of the intervals, especially if you are new to Nordic Walking, then simply regroup as necessary and make sure you complete the total number of minutes for the session.

TIP: Do you feel tension in your shoulders? Perhaps you are utilizing what we call a "death grip", and are gripping your poles too harshly, working too hard unnecessarily, and causing that shoulder tension. Remember to only lightly grip the poles, as though holding a child's hand.

Cool-down: Use the 10 minutes indicated with 5 minutes of easy walking together, loosely dragging the poles with a nice full arm swing, and finishing with 5 minutes of static stretching. Remember to utilize the poles like a tripod for stability; stretching is wonderful with those poles. You can be creative with almost any stretch and you will not need a wall to keep yourself from falling over!



WEEK 1 – ALL SESSIONS FOR ALL PROGRAMS

Walk/NordicWalk10K

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 5 min. Walk for 20 min. Cool-down: Walk slow & easy 5 min.
Session 3 35 min.	Warm-up: Walk slow & easy 5 min. Walk for 25 min. Cool-down: Walk slow & easy 5 min.

LearnToRun10K

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.

RunWalk10K

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.
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Run10KStronger

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<p>Session 2 30 min.</p>	<p>Warm-up: Run slow & easy 5 min. Run 20 min. Cool-down: Run slow & easy 5 min.</p>
<p>Session 3 35 min.</p>	<p>Warm-up: Run slow & easy 5 min. Run 25 min. Cool-down: Run slow & easy 5 min.</p>