



Vancouver Frontrunners - Learn2Run Program

Congratulations – you have just taken one of the hardest steps in becoming a runner and that is finding the motivation and enrolling in a clinic like this one. We understand that running isn't everyone's favourite sport, but we also feel that if trained the right way and you adhere to this guide – you will be quite surprised with how quickly your running abilities will improve with results seen weekly.

The clinic starts with just as much walking as there is running – which slowly decreases over time. This is a proven and effective method to help ready your body for the longevity of a 10km run. If, however, you find that the smaller number of walk breaks becomes too difficult, then continue to introduce walk breaks into your routine. Everyone is different and this guide is intended as just that, a guide! Listen to your body, focus on how you feel and enjoy running and walking at your own pace.

When running, it's important that this is done at a comfortable pace. This means you should be able to maintain a conversation 2 or 3 sentences at a time. You might find this too slow at first and will want to skip ahead and run faster – but this is where people burn out. Too fast, too soon can result in injury – which in turn results in losing that motivation you started with. Be patient – we're here to train and condition our bodies for the distance, not for the best time possible.

Each week consists of 3 sessions, however the Vancouver Frontrunners only meet twice a week on Saturday's and Wednesday's. Monday night is your homework, but don't worry – Monday's are also the easier of the 3.

Please ask your clinic leaders as many questions as possible and most importantly, communicate with them. If you are not feeling it, or pain starts/increases somewhere – speak up!

We wish you the best of luck over the next 10 weeks.

Week 1

Session 1 Saturday, May 12th	Warm-up: Walk slow & easy 5 minutes Run 2 minutes. Walk 2 minutes. Do this 7 times. Cool-down: Walk slow & easy 5 minutes
Session 2 Monday	Warm-up: Walk slow & easy 5 minutes Run 1 minute. Walk 2 minutes. Do this 7 times. Cool-down: Walk slow & easy 5 minutes
Session 3 Wednesday	Warm-up: Walk slow & easy 5 minutes Run 2 minute. Walk 2 minutes. Do this 6 times. Cool-down: Walk slow & easy 5 minutes

Week 2

Session 1 Saturday, May 19th	Warm-up: Walk slow & easy 5 minutes. Run 3 minutes. Walk 2 minutes. Do this 7 times. Cool-down: Walk slow & easy 5 minutes
Session 2 Monday	Warm-up: Walk slow & easy 5 minutes Run 2 minutes. Walk 2 minutes. Do this 6 times. Cool-down: Walk slow & easy 5 minutes.
Session 3 Wednesday	Warm-up: Walk slow & easy 5 minutes. Run 3 minutes. Walk 2 minutes. Do this 6 times. Cool-down: Walk slow & easy 5 minutes.

Week 3

Session 1 Saturday, May 26th	Warm-up: Walk slow & easy 5 minutes. Run 3 minutes. Walk 1 minute. Do this 9 times. Cool-down: Walk slow & easy 5 minutes.
Session 2 Monday	Warm-up: Walk slow & easy 5 minutes. Run 2 minutes. Walk 1 minute. Do this 8 times. Cool-down: Walk slow & easy 5 minutes.
Session 3 Wednesday	Warm-up: Walk slow & easy 5 minutes. Run 3 minutes. Walk 1 minute. Do this 8 times. Cool-down: Walk slow & easy 5 minutes.

Week 4

Session 1 Saturday, June 6th	Warm-up: Walk slow & easy 5 minutes. Run 5 minutes. Walk 1 minute. Do this 7 times. Cool-down: Walk slow & easy 5 minutes.
Session 2 Monday	Warm-up: Walk slow & easy 5 minutes. Run 3 minutes. Walk 1 minute. Do this 7 times. Cool-down: Walk slow & easy 5 minutes.
Session 3 Wednesday	Warm-up: Walk slow & easy 5 minutes. Run 3 minutes. Walk 1 minute. Do this 10 times. Cool-down: Walk slow & easy 5 minutes.

Week 5

Session 1 Saturday, June 9th Distance: 5km	Warm-up: Walk slow & easy 5 minutes. Run 10 minutes. Walk 1 minute. Do this 4 times or repeat pattern over the 5K distance. Cool-down: Walk slow & easy 5 minutes.
Session 2 Monday	Warm-up: Walk slow & easy 5 minutes. Run 4 minutes. Walk 1 minute. Do this 6 times. Cool-down: Walk slow & easy 5 minutes.
Session 3 Wednesday	Warm-up: Walk slow & easy 5 minutes. Run 5 minutes. Walk 1 minute. Do this 7 times. Cool-down: Walk slow & easy 5 minutes.

Week 6

Session 1 Saturday, June 16th	Warm-up: Walk slow & easy 5 minutes. Run 10 minutes. Walk 1 minute. Do this 4 times. Cool-down: Walk slow & easy 5 minutes.
Session 2 Monday	Warm-up: Walk slow & easy 5 minutes. Run 3 minutes. Walk 1 minute. Do this 7 times. Cool-down: Walk slow & easy 5 minutes.
Session 3 Wednesday	Warm-up: Walk slow & easy 5 minutes. Run 5 minutes. Walk 1 minute. Do this 6 times. Cool-down: Walk slow & easy 5 minutes.

Week 7

Session 1 Saturday, June 23rd	<p>Warm-up: Walk slow & easy 5 minutes. Run 10 minutes. Walk 1 minute. Run 15 minutes. Walk 1 minute. Run 20 minutes. Walk 1 minute. Run 10 minutes.</p> <p>Cool-down: Walk slow & easy 5 minutes.</p>
Session 2 Monday	<p>Warm-up: Walk slow & easy 5 minutes. Run 5 minutes. Walk 1 minute. Do this 6 times.</p> <p>Cool-down: Walk slow & easy 5 minutes.</p>
Session 3 Wednesday	<p>Warm-up: Walk slow & easy 5 minutes. Run 10 minutes. Walk 1 minute. Do this 4 times.</p> <p>Cool-down: Walk slow & easy 5 minutes.</p>

Week 8

Session 1 Saturday, June 30th	<p>Warm-up: Walk slow & easy 5 minutes. Run 10 minutes. Walk 1 minute. Run 20 minutes. Walk 1 minute. Run 30 minutes.</p> <p>Cool-down: Walk slow & easy 5 minutes.</p>
Session 2 Monday	<p>Warm-up: Walk slow & easy 5 minutes. Run 10 minutes. Walk 1 minute. Do this 4 times.</p> <p>Cool-down: Walk slow & easy 5 minutes.</p>
Session 3 Wednesday	<p>Warm-up: Walk slow & easy 5 minutes. Run 20 minutes. Walk 1 minute. Run 15 minutes. Walk 1 minute. Run 10 minutes.</p> <p>Cool-down: Walk slow & easy 5 minutes.</p>

Week 9

Session 1 Saturday, July 7th	Warm-up: Walk slow & easy 5 minutes. Run 40 minutes. Walk 1 minute. Run 20 minutes. Cool-down: Walk slow & easy 5 minutes.
Session 2 Monday	Warm-up: Walk slow & easy 5 minutes. Run 10 minutes. Walk 1 minute. Do this 4 times. Cool-down: Walk slow & easy 5 minutes.
Session 3 Wednesday	Warm-up: Walk slow & easy 5 minutes. Run 20 minutes. Walk 1 minute. Run 15 minutes. Walk 1 minute. Run 10 minutes. Cool-down: Walk slow & easy 5 minutes.

Week 10

Session 1 Saturday, July 14th	Warm-up: Walk slow & easy 5 minutes Run 40 minutes. Cool-down: Walk slow & easy 5 minutes
Session 2 Monday	Warm-up: Walk slow & easy 5 minutes Run 10 minutes. Walk 1 minute. Do this 3 times. Cool-down: Walk slow & easy 5 minutes
Session 3 Wednesday	Warm-up: Walk slow & easy 5 minutes Run 10 minutes. Walk 1 minute. Do this 3 times. Cool-down: Walk slow & easy 5 minutes

EVENT DAY – JULY 22ND

This is what you've been training for, the time is here to run your first 10km run event at the Vancouver Pride Run & Walk. Listen to your body, don't push yourself too hard at the start (*a mistake most newbies make!*), take as many walk breaks as you need, keep hydrated, but most of all – Enjoy Yourself.

CONGRATULATIONS!