

## More Clinics

### Tuesday Run Clinic

Designed to build strength and speed, Tuesday participants will be challenged with hill, interval, and pyramid workouts. With eight pace groups ranging from 10:30 minutes per mile to 7:30 minutes per mile pace, there is a group for almost everyone.

### Summer Trails

Summer is a time for fun and exploration. With a focus on easy access trails, this group will work on a progression of trails while building technical skills. Multiple pace groups are offered.

### Marathon & Half Marathon

The Runners' Den Classic 17 week program starts in January, and will have you ready to run your first (or best) event in May.

Additional Marathon/Half Marathon programs may be offered throughout the year.

Marathon & Half Marathon clinics feature balanced training for strength, power and endurance. All clinics offer beginner, intermediate and advanced programs with multiple pacing groups for each level.

More information on all clinics can be found on our website at [www.runnersden.ca](http://www.runnersden.ca).

## The runners' den

At all times, we at the runners' den promote safety, courtesy, friendship, and a healthy lifestyle.

If you've been away from running for a while, we'll be happy to help you establish an appropriate starting point.

### Services

At the runners' den you can expect quality products and exceptional service. Our expert fit technicians will be happy to evaluate your current footwear, provide a professional gait analysis and recommend footwear appropriate to your needs. We stock hard to find shoe sizes from Ladies size 5, to Men's size 17, as well as wide and narrow widths. By listening to your needs, and asking questions, we can help find a shoe that is right for you.

Working with medical and fitness professionals in the Tri City area, we provide more than just footwear.



**the runners' den**

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WEDNESDAY

**LEARN TO RUN**

CLINIC

**ONE  
STEP  
ONE**  
*the runners' den*



*Next Clinic:*  
**Wednesday**  
**March 28th, 2018**  
**6:30 p.m.**

## One Step One— LEARN-TO-RUN

The Step One—Learn-to-Run clinic is designed to help you build cardiovascular endurance slowly and safely. Our walk-run program transforms your *walk* time into *run* time in just 12 weeks. On the last session, you will be running a full 30 minutes.



We promote an injury free progression that includes adequate warm-up and cool-down. By carefully following our step by step program, you will be ready to run your first 5K event in 12 weeks.

### How is One-Step-One different?

**EDUCATION:** You will learn proper form and technique; body positioning and breathing. We explore typical running injuries and how to avoid/prevent them. What to do if they should happen to you.

**EXPERIENCED GROUP LEADERS:** We have an awesome team of volunteer leaders to encourage you along the way. Most will share their personal tips and tricks.

**COMPREHENSIVE PROGRAM:** Each session will include an introductory talk, followed by a short warm up, leading into the workout. We will close with a cool down walk and some light stretches.

**THE BIGGEST DIFFERENCE:** We work as a team. No one runs alone, and no clinic member is last.

## One Step One— EXTRA VALUE...

### Personal Challenge

Every One Step One Participant will receive a 12 Week Personal Challenge. Whether your goal is weight loss, stress management, or simply to build and maintain a healthy lifestyle, the 12 Week Personal Challenge may help you meet your goal.



The program is simple and easy to implement. All that is required is some realistic goals and your commitment.

It's something the whole family can do.

Take the challenge!

### What's Next?

Upon graduation, with a 30 minute running base, you will receive a self-directed program to build your endurance to 45 minutes. This is a safe condensed program that can be modified to fit your schedule. Runners' Den staff will be happy to help you with any questions or concerns you may have along the way.

If you are considering your first Half Marathon, this program would help you achieve the minimum 45 minute base-line requirement.



## What to bring?

- Dress in comfortable clothes appropriate for the weather.
- Suitable footwear
- A good attitude
- A willingness to meet people
- A desire to succeed and help others along the way



### *Our promise*

**NO ONE RUNS ALONE  
NO ONE LEFT BEHIND**

