



CLINIC NIGHT

TUESDAYS @ 6:30PM

- Sept. 11 Intervals
- Sept. 18 Long Intervals
- Sept. 25 Hills
- Oct. 2 Mixed Workout
- Oct. 9 Pyramids
- Oct. 16 Leaders Choice
- Oct. 23 Short Intervals
- Oct. 30 Intervals
- Nov. 6 Pyramids
- Nov. 13 Hills
- Nov. 20 Long Intervals
- Nov. 27 Leaders Choice
- Dec. 4th Xmas Wrap Up / Run

**\$2.00 Drop-In Fee per Clinic Night
or \$ 20.00 for 12 weeks**

The Runners' Den clinic is based on safety and having a good time running with others. The clinic provides all levels of runners a place to meet and go for a speed type workout in one of many pace groups available each Tuesday night. The workouts are designed for those training for 5km fun runs all the way up to marathons (some may also call this a fun run). Our walk/run groups follow a scheduled program to build a 30 minute endurance base.

We have a group for everyone...come and **RUN** at the **DEN!**

www.runnersden.ca

WORKOUT DESCRIPTIONS

Our Tuesday runs are designed to provide a hard effort to balance out your weekly running program. Each week provides a different challenge.

FITNESS WALK:

This program is designed for those with stronger walking skills who are looking for a group with similar skills. This 45 minute walk provides a variety of terrain including hills. Come and join the crew.

SPEEDWORK:

The speedwork groups, divided by pace and ability, will follow the workout schedule listed on the front and be taken through the workouts by group leaders.

HILLS:

Hills prepare the muscles for faster running without going anaerobic. Hills strengthen the main running muscles and help lead us to becoming more efficient runners.

INTERVALS, LONG INTERVALS, SHORT INTERVALS:

Interval training breaks up race type efforts into segments or repetitions. This workout is done by time or distance in order to be able to measure improvements and teaches even pacing.

PYRAMIDS:

Pyramids are a form of intervals that work on maintaining form and speed throughout the workout. Workout is based on time or distance.

FREE UNDERGROUND PARKING AVAILABLE



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