



www.perpmotion.com

2010 Spring Running Programs

8 Week Programs

Start

April 13 & 14, 2010

\$60.00

All classes meet on the Sportsplex track.

More information: kimbooth@wcgwave.ca

Beginner Running Program—Tuesdays at 6 p.m. (Kim)

The main objective of our beginner program is to start to include some running into your fitness plan. This program is designed to get you working towards a continuous run of 3 to 5 km over the 8 week period. This program is for you if:

- You walk as your primary exercise but wish to add some intensity to your walking workouts with a bit of running
- You have tried running before and you enjoy running, but you have not been able to stick with a consistent program.
- You currently do a little running or other aerobic activity and are looking for ways to improve on your current fitness.

Fit & Fast—Tuesdays at 7 p.m. (Kim)

This program focuses on improving speed and strength. Workouts consist of hill training, interval and tempo training, core work, plyometrics, stretching and fun drills. Learn how to improve your running economy and form to help get faster and prevent injury.

This program is for :

- Experienced runners that have been running or other aerobic activity over the winter who wish to improve their form and get faster
- Preparing for an upcoming race— 5km to full marathon
- Currently not recovering from an injury lasting more than 2 months

Intermediate Running Program—Wednesdays at 5 p.m. (Stacy)

The intermediate running program will get your fitness level to that next step. This program is set up for people who can currently run 3 or 4km and have a desire to get up to a 8 to 10km continuous run. This program is for you if:

- You are currently physically active and are doing some running, but don't know how to get to that next level of fitness.
- You love to run, but don't know how to keep from getting injured when you try to build up mileage.
- You have taken the Beginner Program (maybe even twice) and are ready for more or you can currently run about 20 to 25 minutes continuously.

Register at A&L get active
201 Rosser Avenue
Phone: 727-5817
www.algetactive.com

