

## Running Groups

~001 Walk to Jog group

~101 Jog to Run group

~201 Run Stronger group

**When does the next one start??**

The first session starts on  
Wednesday Jan 16th, 2019 at 6:00 p.m.

**Who can join the group? You!**

Anyone with an interest in improving their fitness, and learning more about the sport of running, is qualified to join. We offer two distinct programs; one for those just starting out (two pace groups aka Running 001 & 101) and Running 201 for those still new to running who want to continue to improve their speed & strength. The walk/jog program offers a safe and gradual introduction to running. The running program incorporates more technical aspects of running and challenges runners with anaerobic workouts such as circuits, track intervals, hills and tempo runs. Within the running program, workouts are modified to meet everyone's ability. You can move up or down a group if things are too easy or not challenging enough.

**Why join a running program??**

There are many reasons for starting an exercise program. Some want to relieve stress or lose weight, and others just want to enjoy the outdoors. Our program design is specifically developed to assist individuals gain strength and running speed. At Peninsula Runners we work hard to provide a safe, informative, fun, motivating, and rewarding clinic atmosphere.

**How long is the program??**

This "walk to run" and "run stronger" run program is 13 weeks long. The 001 group will prepare you to run 5K by the end while the 101 will prepare you to run 5 K a little stronger or the Vancouver Sun Run 10K. The 201 group will help you improve your pace for any distance from 5K to half marathon. At the end of this clinic you are invited to join Peninsula Runners Langley running groups at the Vancouver Sun Run on April 14, 2019.

**How much will it cost and where do we run from??**

The cost of this program is **\$70 tax included**. This price includes the 13 Wednesday nights, a shopping night and a 10% discount on all store purchases during the clinic. We will also provide you with a recommended training schedule that will help guide you through the program. Experienced leaders will help to inform, inspire & improve your running. If you are interested in attending the Wednesday night clinic on a more casual basis, there is a drop in fee of only \$5 per session.

Most of the workouts will start and finish at our Walnut Grove location. Our workouts typically take place in near proximity to the store. Come find out why everyone in our clinic is having so much fun!

*Michelle, RJ, Katelynn, Adrianna, Craig, Phil, and all the staff at Peninsula Runners will enjoy helping you succeed in your goals for this fall clinic.*



**'Walk to Run'**

**(001 & 101 pace groups)**

**&**

**'Run Strong'**

**(201 group)**

**Spring 2019**

**Wednesday Nights @6:00 PM**

**604.888.1338**

**Unit 1, 20349 88<sup>th</sup> Avenue**

**Langley, BC**

**[www.penrun.ca](http://www.penrun.ca)**