

LadySport Fall 2023 Running Clinic 10Km
11 Weeks (Monday, September 19 to Monday, November 28.)

DATE		Mondays		Wednesdays/Thursday		Friday/Saturday	
		Run + Walk/Run	Walk	Run + Walk/Run	Walk	Run + Walk/Run	Walk
Week 1	Mon September 18, 2022	5 km	30 min	3 km	20 min	3 km F	15 min F
Week 2	Mon September 25, 2022	6 km	35 min	4 km	20 min	3 km	20 min
Week 3	Mon October 2, 2022	7 km	40 min	4 km	25 min	3 km	15 min F
Week 4	Mon October 9, 2022	5 km	30 min	4 km	20 min	3 km F	20 min
Week 5	Mon October 16, 2022	7 km	40 min	5 km	25 min	2 km	15 min F
Week 6	Mon October 23, 2022	8 km	45 min	5 km	25 min	3 km F	20 min
Week 7	Mon October 30, 2022	8 km	45 min	5 km	30 min	4 km	20 min
Week 8	Mon November 6, 2022	7 km	40 min	6 km	30 min	3 km F	20 min F
Week 9	Mon November 13, 2022	8 km	45 min	6 km	35 min	4 km	25 min
Week 10	Mon November 20, 2022	9 km	60 min	6 km	35 min	3 km F	20 min F
RACE	Sun November 26, 2022	VANCOUVER HISTORIC					
Week 11	Mon November 27, 2022	Everyone: 30 min walk and Post-Race/Clinic Wrap up Party					

WHERE & WHEN: Meet at LadySport at 6:00pm, leaving at 6:10 for all workouts

*F – Go faster than regular pace, but going a shorter distance

NAME: _____

EMAIL: _____

PHONE: _____