



RUN TO YOUR OWN RHYTHM TRAINING PROGRAM

Runners' Choice (56 Brock St. , Kingston) • Thursday's @ 6:00pm

On Thursday April 9th 2020 all participants will meet for an intro night before beginning an 8 Week training program. The program will be split into two groups: 4km finishers and 8km finishers. Cost of the program is \$80.

We ask all participants are currently able to complete a 5km walk in 60 minutes or less and are committed to exercising 3 times a week. Although not a requirement, in addition to Thursday night, participants are encouraged to attend any of the other Runners' Choice workouts

The 8 Week training program will be customized for each individual runner based on their ability level before the program begins. Each week incremental goals will be sent out to participants via email.

The end goal will be to complete the Kingston Symphony's Beat Beethoven walk/run in under 50 minutes.

Training program includes:

Monday – 5km-8km Social run leaving from Kingston Brewing Co. at 6pm

Tuesday – Hill or speed workout at 5:45pm (locations may vary between Fort Henry and RMC)

**The below workouts start and end at Runners' Choice. Changing facilities are available where participants are able to leave their personal items at the store.*

Thursday – Run to Your Rhythm training group. Group meets for a workout beginning at 6pm. Coaches will be available post session to field questions from participants and provide feedback.

Saturday- Tempo* workout leaving from Runners' Choice.

*Tempo workouts are about 20-30minutes in length (excluding warmup and cooldown) It should feel as if you are running/walking fast but in control.

Sunday - easy long run leaving from Runners' Choice at 8:30am (distances subject to runners preference)

If you have any questions regarding the training program do not hesitate to contact Christina at Runners' Choice; info@runnerschoicekingston.com or 613-542-2410.