



WEEK 7 PLAYWORK: June 19th - June 25th 2022

Goals: Summer Training 2022

Weekly playwork : RUNYoga (physical) mental Fitness (break the stress cycle)

Below are your suggested workouts for your week. The goal is 3 runs or walks per week (including your RUNClub day) and the days can be changed to suit your schedule each week. Try your very best to not run 2 days in a row and instead cross train; walk or rest in between run days. Be as consistent as you can. Commitment (core value) You've got this!

Power Walkers | Clinic Goal: WALK Strong 5K or 10K by week 8

- 1. RUNClub Day | SUNDAY - Airport Dike Rivers Trail**
- 2. Playwork 2 | Walk 4 min / Power Walk 2 min – 8X + 10 min strong walk (58 minutes total)**
- 3. Playwork 3 | Walk 4 Power Walk 2 min – 8X + 10 min. strong walk (58 minutes total)**

5K Sweet | Clinic Goal: 5K by week 8

- 1. RUNClub Day |SUNDAY - Airport Dike Rivers Trail**
- 2. Playwork 2 | Walk 2 min / Run 4 min – 9X + 10 min strong walk (64 minutes total)**
- 3. Playwork 3 | Walk 2 min / Run 4 min – 7X + 10 min strong walk (52 minutes total)**

5K Bold | Clinic Goal: Strong 8 .5 K by week 8

- 1. RUNClub Day - SUNDAY - Airport Dike Rivers Trail**
- 2. Playwork 2 | Walk 2 / Run 4 – 9X + 10 min strong walk (64 minutes total)**
- 3. Playwork 3 | Walk 2 / Run 5 – 8X (56 minutes)**

10K SWEET | Clinic Goal: Strong 10K by week 8

- 1. RUNClub Day | SUNDAY - Airport Dike Rivers Trail**
- 2. Playwork 2 | Walk 2 min / Run 7 min – 7X (63 minutes)**
- 3. Playwork 3 | Walk 2 min / Run 7 min – 6X (54)**

10K BOLD | Clinic Goal: Strong 12K by week 8

- 1. RUNClub Day | SUNDAY - 12K Airport Dike Rivers Trail**
- 2. Playwork 2 | Walk 2 min / Run 8 min – 6X + 10 min strong walk (70 minutes total)**
- 3. Playwork 3 | Walk 2 min / Run 8 min – 6X (60 minutes)**

21CLUB | Bold Clinic Goal: Building endurance, speed , hills.

- 1. Sunday | SUNDAY - Airport Dike Rivers Trail (12K)**
- 2. Playwork 2: Sweet W2/R7 - 7 (63) Bold Walk 2 min / Run 8 min – 6X (60 minutes)**
- 3. Playwork 3: Sweet Walk 2 min / Run 7 min – 6X (54 minutes) Bold - 70 MIN**

Connect with us anytime.

Jo: jo@runclub.ca | or info@runclub.ca