

## Annual CSPG-CSEG 10km Roadrace and FUN RUN

Gord Hobbins of Gord's Running Store has developed a 10km race training guide for novice runners. Try it out and benefit from some expert advice, you may be surprised how easy it can be to gently get yourself in condition for your first race.

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### Gord's 12 Week Training Guide for Novice Runners

Minutes of running per day:

Week	Mon	Tues	Wed	Thur	Fri	Sat	Sun
June 26–July 2	-	10-15 min	-	10-15 min	-	-	15 minutes
July 3-9	-	10-15 min	-	10-15 min	-	-	20 minutes
July 10-16	-	10-20 min	0-10 min	10-20 min	-	-	25 minutes
July 17-23	-	10-20 min	0-10 min	10-20 min	-	-	30 minutes
July 24-30	-	10-20 min	0-10 min	10-20 min	0-10 min	-	25 minutes
July 31-Aug 6	-	10-20 min	0-10 min	10-20 min	0-10 min	-	35 minutes
Aug 7-13	-	15-25 min	0-10 min	15-20 min	0-10 min	-	25 minutes
Aug 14-20	-	15-25 min	0-10 min	15-20 min	0-10 min	-	40 minutes
Aug 21-29	-	15-25 min	0-10 min	15-25 min	0-10 min	-	25 minutes
Aug 28–Sept 3	-	15-25 min	0-10 min	15-25 min	0-10 min	-	45 minutes
Sept 4-10	-	20-30 min	0-10 min	15-25 min	0-10 min	-	25 minutes
Sept 11-13	-	Rest	<b>10 KM RUN</b>				

**Guidance/Tips:** For novice runners who wish a do-it-yourself program at your leisure.

-Run for short durations between 3 and 5 times per week according to schedule, with your long run days being the key to your training program.

-If your running shoes are giving you some problems, get some which fit and match your gait.

-Guide allows for a gradual increase to a comfortable load; your legs may need some conditioning at first.

-Yes, times are in minutes. The secret is be regular and not beat yourself up.

-Wear a hat and cool shades. Keep well hydrated. It really helps.

-Gently stretch those calves and quads afterwards.

-Take along a friend and convince them to sign for CSPG, CSEG and the RoadRace as well.

-There are many running/training groups in town if interested in more.