

Winter Pool/Water Running at CV Sports Centre, Mondays, 5 to 6 pm.
(We have the pool booked every Monday starting January 9th until the end of March)

Where is it? Comox Valley Sports Centre (Adjacent to GP Vanier High School).

How much is it? \$5 per week.

What is it? A chance to concentrate on running technique, and get a good anaerobic workout, without the stress of gravity. We generally spend about 10 minutes doing a warm up in the water, then do a 30-40-ish minute "interval" workout with alternate hard and easy "running", followed by a 10 minute cool down or some bouncing exercises in the pool to finish.

- What do I do?**
1. Turn up at the Sports Centre at about 4:45 pm on a Monday.
 2. Do not pay at the Front Desk. Tell them you are with the CVRR Water Running Group.
 3. Change rooms on the left after you enter. Proceed to change, shower & then to the pool area.
 4. If you have time you might want to spend a few minutes in the hot tub.
 5. We start at 5 pm sharp at the far end of the pool. Head over there and grab a flotation belt from the cart on the way over.
 6. You will be able to sign up and pay your money there.
 7. Put on your flotation belt, jump in the water and you're ready to go!

Jack Penfold, Pool Meister.