

What Pace to run when I start?

Level 1: You might be LEVEL ONE if you:-

1. Lead a sedentary life style.
2. Have never thought of walking as a fitness tool before - just as a means to get to the car.
3. Feel like running is just too much effort right now.

You will graduate this Clinic walking a very strong 5K or even putting in a few running steps!

Level 2: You might be LEVEL TWO if you:-

1. Walk a dog every day that has you breaking in to a jog every once in awhile.
2. Do other sports that raise your heart rate and motivate your legs somewhat.
3. Have a desire to finally learn to run - or at least try it on for size.

You will graduate this Clinic either run/walking the 5K distance or completely running it!

Level 3: You might be LEVEL THREE if you:-

1. Have already been giving running a try.
2. Were a runner and have been off for a bit.
3. Are very fit and/or play running sports like soccer.

You will graduate this Clinic running a strong 5K distance!

Level 4: You might be LEVEL FOUR if you:-

1. Already do a 5K distance in a continuous run.

You will graduate this Clinic with a much faster 5K race and the skills to continue your development!

People generally separate into SUB groups within these 4 levels as well as they find their legs. Do not hesitate to talk to other members in your group as you go along.

Everyone develops their running, or walking, skills at a different 'pace' so we have tailored our Clinic to accommodate you personally. It's up to you to know if you have joined the right Pace Group; if you feel like you could still run to Comox and back when you finish you might need to go up a group - on the other hand if you feel like you're lungs are bursting and you can't feel your feet you might want to move to a more appropriate group.