

Summer 2010

## Summer Bootcamp Schedule

**5-week session:** June 26<sup>th</sup> to July 31<sup>st</sup>, 2010 (Full Class Schedule)

**3-week session:** August 3<sup>rd</sup> to August 21<sup>st</sup>, 2010 (Limited Class Schedule)

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## Congratulations

Elizabeth and Aron for completing the Scotia Bank ½ Marathon. Elizabeth's first ½ Marathon

Brent, Rob, Lori, Linda and Des for completing Kusam Klimb...Lots of snow!!!

Robyn and Debbie for completing Mt. Finlayson 6 times because not doing Kusam

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## RUNNING TIPS

**Warm-up and Cool-down:** Consists of a light jog for 10 to 15 minutes. Goal is to warm and loosen your muscles. Prevents injury. Cooling down takes place after your run and should consist with a light jog or walk to decrease body temperature and remove lactic acid from the muscles and increases range of motion.

**Walk or Run:** Want to increase your endurance but just can't seem to cover the distance while running---take some walk breaks during your training runs. Benefits include: (1) helps beginners to increase their endurance, (2) allows runners who only run 3-5km to increase their distance from 50% to 100%, (3) reduces injury and over training, (4) helps your legs to keep resiliency and bounce.

**Hard / Easy Workouts:** Run faster or longer than usual on one day followed with a run that is slower or shorter than usual on another day. Benefits: (1) reserve your strength for your hard training days, (2) enables you to push yourself more, (3) allows your body to recover, rebuild and progress, (4) helps avoid injury and burnout. Plan an easy day before a hard workout as well as one or two easy days after.

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