



## WONDERFUL WALKERS NINE WEEK TRAINING PROGRAM

WALK 2K, 5K, OR 10K AT THE BRIDGE CITY BOOGIE

3 WORKOUTS PER WEEK. NEVER 2 DAYS IN A ROW.  
CROSS-TRAIN ON REST DAYS, BUT LEAVE AT LEAST ONE OR TWO  
DAYS OF TOTAL REST.

### WEEK ONE

DAY	HOMEWORK	TOTAL MINS
1	Easy walk for 5 / Walk stronger for 30 / Easy walk for 5	40
2	Easy walk for 5 / Walk stronger for 25 / Easy walk for 5	35
3	Easy walk for 5 / Walk stronger for 30 / Easy walk for 5	40

**TIP:** Walking is just as wonderful as running. The workout you receive from a regular walking program is proven to be very effective in keeping you extremely fit and healthy. Way to go!

### WEEK TWO

DAY	HOMEWORK	TOTAL MINS
1	Easy walk for 5 / Walk stronger for 35 / Easy walk for 5	45 - EZ
2	Easy walk for 5 / Walk stronger for 30 / Easy walk for 5	40 - EZ
3	Easy walk for 5 / Walk stronger for 35 / Easy walk for 5	45 - EZ

**TIP:** Keep hydrated on your workouts. Water prevents fatigue, injury and dehydration.

### WEEK THREE

DAY	HOMEWORK	TOTAL MINS
1	Easy walk for 5 / Walk stronger for 45 / Easy walk for 5	55
2	Easy walk for 5 / Walk stronger for 35 / Easy walk for 5	45
3	Easy walk for 5 / Walk stronger for 40 / Easy walk for 5	50

**TIP:** Walking is great fitness: Keep your program as consistent as you can (3x per week) and be confident that walking is just as great as running for keeping fit, healthy and happy.

### WEEK FOUR

DAY	HOMEWORK	TOTAL MINS
1	Easy walk for 5 / Walk stronger for 50 / Easy walk for 5	60
2	Easy walk for 5 / Walk stronger for 40 / Easy walk for 5	50
3	Easy walk for 5 / Walk stronger for 45 / Easy walk for 5	55

**TIP:** Many people will walk the Boogie 5k and 10k

### WEEK FIVE

DAY	HOMEWORK	TOTAL MINS
1	Easy walk for 5 / Walk stronger for 60 / Easy walk for 5	70
2	Easy walk for 5 / Walk stronger for 40 / Easy walk for 5	50
3	Easy walk for 5 / Walk stronger for 50 / Easy walk for 5	60

**TIP:** Keep your walking at a brisk pace; your fitness is improving and walking is an incredible way to stay young, highly energized and fit.

#### ACRONYMS:

LSD - Long, steady distance    EZ - Easy    MED - Medium

[www.bridgecityboogie.ca](http://www.bridgecityboogie.ca)

### WEEK SIX

DAY	HOMEWORK	TOTAL MINS
1	Easy walk for 5 / Walk stronger for 65 / Easy walk for 5	75
2	Easy walk for 5 / Walk stronger for 40 / Easy walk for 5	50
3	Easy walk for 5 / Walk stronger for 50 / Easy walk for 5	60

**TIP:** Walking form follows many of the same rules for running: relax your body, short steps and arms swinging at the hips.

### WEEK SEVEN

DAY	HOMEWORK - HOLDING STEADY THIS WEEK	TOTAL MINS
1	Easy walk for 5 / Walk stronger for 65 / Easy walk for 5	75
2	Easy walk for 5 / Walk stronger for 40 / Easy walk for 5	50
3	Easy walk for 5 / Walk stronger for 50 / Easy walk for 5	60

**TIP:** Look straight ahead, rather than down. Don't forget to wear the appropriate gear to keep that face of yours beautiful; sunscreen, hat, sunglasses. Walking is amazing fitness!

### WEEK EIGHT

DAY	HOMEWORK MAX THE TIME ON YOUR FEET FOR YOUR LSD WALK THIS WEEK	TOTAL MINS
1	Easy walk for 5 / Walk stronger for 70 / Easy walk for 5	80
2	Easy walk for 5 / Walk stronger for 40 / Easy walk for 5	50
3	Easy walk for 5 / Walk stronger for 50 / Easy walk for 5	60

### WEEK NINE

DAY	HOMEWORK - ONLY 1 WEEK TO GO!	TOTAL MINS
1	Easy walk for 5 / Walk stronger for 50 / Easy walk for 5	60
2	Easy walk for 5 / Walk stronger for 30 / Easy walk for 5	40
3	Easy walk for 5 / Walk stronger for 20 / Easy walk for 5	30

**TIP:** Come to the Boogie start line rested and ready. Walking is just as great as running for keeping your body and mind healthy and happy.

#### FIVE IMPORTANT WALKING / RUNNING TIPS

1. Rest days: Put rest days in between run days - never go two days in a row.
2. Number one cause of injury is too much too soon, regardless of your running history. If you're just coming back to running this spring - ease back into it.
3. Number two cause of injury is worn-out or incorrect shoes for your feet. It is very important to be in a proper running shoe. Shop at a specialty running store where they really know running and shoes. If your shoes are past six months old, it's definitely time for some new ones. Your feet will love it and so will your running.
4. Warm up and cool down: Always warm up (walking) and cool down (walking) for each and every workout. Always stretch after you walk or run.
5. Don't ever run through pain: If you feel an owie coming on - STOP running. Never ever run through pain. An owie you can nip right away - if you run through it you turn that owie into an injury that wasn't necessary. Take necessary rest days for a quick recovery.



## BEGINNER RUN 5K NINE WEEK TRAINING PROGRAM

RUN 5K AT THE BRIDGE CITY BOOGIE

3 WORKOUTS PER WEEK. NEVER 2 DAYS IN A ROW.  
CROSS-TRAIN ON REST DAYS, BUT LEAVE AT LEAST ONE OR TWO  
DAYS OF TOTAL REST.

### WEEK ONE

DAY	HOMEWORK	TOTAL MINS
1	Walk for 5 / Run for 1 / 5 times	30
2	Walk for 5 / Run for 1 / 4 times	24
3	Walk for 4 / Run for 1 / 6 times	30

**TIP:** Remember “no pressure” running. It is the time on your feet that counts, not the run intervals. Be good to you!

### WEEK TWO

DAY	HOMEWORK	TOTAL MINS
1	Walk for 4.5 / Run for 1.5 / 6 times + 10 minute stronger walk	46 - LSD
2	Walk for 5 / Run for 1 / 6 times	36 - EZ
3	Walk for 4.5 / Run for 1.5 / 6 times + 5 minute walk	41 - MED

**TIP:** Keep in mind it is ‘the time on your feet’ that counts, not the actual run intervals. If you’re having a tired day, take the pressure off and do less running.

### WEEK THREE

DAY	HOMEWORK	TOTAL MINS
1	Walk for 4 / Run for 2 / 7 times + 10 minute walk	52 - LSD
2	Walk for 3 / Run for 2 / 6 times	30
3	Walk for 3 / Run for 2 / 7 times + 10 minute stronger walk	45

**TIP:** Form — Relax. Relax. Relax your whole body. Arms clipping at the hips. Do not overstride. Not too much bounce. Honour your own personal flair.

### WEEK FOUR

DAY	HOMEWORK	TOTAL MINS
1	Walk for 3.5 / Run for 2.5 / 7 times + 10 minute walk	52 - LSD
2	Walk for 3 / Run for 2 / 6 times	30 - EZ
3	Walk for 3.5 / Run for 2.5 / 5 times + 10 minute stronger walk	40 - MED

**TIP:** Remember: Have three workouts per week and never two days in a row unless absolutely necessary. Your rest days are as important as your workout days. You may cross-train on rest days (low-impact), but leave at least one or two days of total rest.

### WEEK FIVE

DAY	HOMEWORK	TOTAL MINS
1	Walk for 3 / Run for 3 / 7 times + 10 minute walk	52 - LSD
2	Walk for 3 / Run for 2 / 8 times	40 - EZ
3	Walk for 3.5 / Run for 2.5 / 6 times + 10 minute stronger walk	46 - MED

**TIP:** Please always stretch after your workouts (static stretching = steady and holding). Stretching is your reward for your workout – call it your fitness dessert!

#### ACRONYMS:

LSD - Long, steady distance    EZ - Easy    MED - Medium

[www.bridgcityboogie.ca](http://www.bridgcityboogie.ca)

### WEEK SIX

DAY	HOMEWORK	TOTAL MINS
1	Walk for 3 / Run for 4 / 7 times + 5 minute walk	54 - LSD
2	Walk for 3 / Run for 3 / 7 times + 5 minute walk	47 - EZ
3	Walk for 3 / Run for 4 / 6 times + 10 minute walk	52 - MED

**TIP:** Please know your Boogie course. Check out the Boogie website for a course map, and also walk/or run the route before Boogie day. It’s time to visualize your goal run.

### WEEK SEVEN

DAY	HOMEWORK	TOTAL MINS
1	Walk for 2.5 / Run for 4.5 / 7 times + 5 minute walk	54 - LSD
2	Walk for 3 / Run for 3 / 7 times + 5 minute walk	47 - EZ
3	Walk for 3 / Run for 4 / 6 times + 10 minute walk	52 - MED

**TIP:** The beginner program maxes out at a walk 2 / Run 5 interval. Your goal is to run/walk 5K on Boogie Day and enjoy your success.

### WEEK EIGHT

DAY	HOMEWORK MAX THE TIME ON YOUR FEET FOR YOUR LSD RUN THIS WEEK	TOTAL MINS
1	Walk for 2 / Run for 5 / 7 times + 5 minute walk	54 - LSD
2	Walk for 3 / Run for 4 / 6 times + 5 minute walk	47 - EZ
3	Walk for 2 / Run for 5 / 6 times + 10 minute walk	52 - MED

### WEEK NINE

DAY	HOMEWORK - ONLY 1 WEEK TO GO!	TOTAL MINS
1	Walk for 2 / Run for 5 / 7 times + 5 minute walk	54 - LSD
2	Walk for 2 / Run for 4 / 5 times	30 - TAPER
3	Walk for 2 / Run for 4 / 5 times	30 - TAPER

**TIP:** Time to taper (chill out). Reduce your running, get lots of rest and arrive at the start line energized and healthy.

#### FIVE IMPORTANT WALKING / RUNNING TIPS

1. Rest days: Put rest days in between run days - never go two days in a row.
2. Number one cause of injury is too much too soon, regardless of your running history. If you’re just coming back to running this spring - ease back into it.
3. Number two cause of injury is worn-out or incorrect shoes for your feet. It is very important to be in a proper running shoe. Shop at a specialty running store where they really know running and shoes. If your shoes are past six months old, it’s definitely time for some new ones. Your feet will love it and so will your running.
4. Warm up and cool down: Always warm up (walking) and cool down (walking) for each and every workout. Always stretch after you walk or run.
5. Don’t ever run through pain: If you feel an owie coming on - STOP running. Never ever run through pain. An owie you can nip right away - if you run through it you turn that owie into an injury that wasn’t necessary. Take necessary rest days for a quick recovery.



## RUN 10K NINE WEEK TRAINING PROGRAM

RUN 10K AT THE BRIDGE CITY BOOGIE

3 WORKOUTS PER WEEK. NEVER 2 DAYS IN A ROW.  
CROSS-TRAIN ON REST DAYS, BUT LEAVE AT LEAST ONE OR TWO  
DAYS OF TOTAL REST.

### WEEK ONE

DAY	HOMEWORK	TOTAL MINS
1	Walk 2 / Run 6.5 / 4 times + 5 minute walk	39 - EZ
2	Walk 2 / Run 5 / 6 times	42 - EZ
3	Walk 2 / Run 6.5 / 4 times	34 - MED

**TIP:** Grad program is 10k training at a great pace. If your schedule is over the top busy, this is a great pace to train for 10k. Grad program maxes out at a walk 2/run 8 by Week 8.

### WEEK TWO

DAY	HOMEWORK	TOTAL MINS
1	Walk 2 / Run 6.5 / 5 times + 5 minute run	47.5 - LSD Approx. 7k
2	Walk 2 / Run 6.5 / 5 times	42.5 - EZ
3	Walk 2 / Run 6.5 / 5 times + 5 minute walk	47.5 - MED

**TIP:** Next week we go up to the 7 min run interval with a 2 minute walk. Be excited – you're doing great!

### WEEK THREE

DAY	HOMEWORK	TOTAL MINS
1	Walk 2 / Run 7 / 6 times	54 - LSD
2	Walk 2 / Run 6 / 5 times	40 - EZ
3	Walk 2 / Run 7 / 5 times + 10 minute stronger walk	55 - MED

**TIP:** Periodizations — It's important to have a running program to follow and to include periodizations different goals, objectives and outcomes for the entire season. Keep it interesting and fun.

### WEEK FOUR

DAY	HOMEWORK	TOTAL MINS
1	Walk 2 / Run 7 / 6 times + 5 minute walk	59 - LSD
2	Walk 2 / Run 7 / 4 times + 4 minute walk or run	40 - EZ
3	Walk 2 / Run 7 / 6 times	54 - MED

**TIP:** Remember: Have three workouts per week and never two days in a row unless absolutely necessary. Your rest days are as important as your workout days. You may cross-train on rest days (low-impact), but leave at least one or two days of total rest.

### WEEK FIVE

DAY	HOMEWORK	TOTAL MINS
1	Walk 2 / Run 7.5 / 6 times + 5 minute walk	62 - LSD
2	Walk 2 / Run 7 / 5 times	45 - EZ
3	Walk 2 / Run 7.5 / 5 times	47.5 - MED

This program maxes out at a walk 2 / run 8 interval for 10K training and race day. This is base building and keeps your running fun.

**TIP:** Keep conversational on your runs. Make sure you can chit-chat to keep your training enjoyable. If you're feeling very out of breath, slow down. Running should always be a stress buster, never an added stress.

#### ACRONYMS:

LSD - Long, steady distance    EZ - Easy    MED - Medium

[www.bridgcityboogie.ca](http://www.bridgcityboogie.ca)

### WEEK SIX

DAY	HOMEWORK	TOTAL MINS
1	Walk 2 / Run 8 / 6 times + 5 minute walk	65 - LSD
2	Walk 2 / Run 8 / 4 times	40 - EZ
3	Walk 2 / Run 8 / 5 times	50 - MED

**TIP:** Make sure to start out nice 'n' easy on Boogie day. Try not to get caught up in the excitement- pace yourself so you have energy for the whole run.

### WEEK SEVEN

DAY	HOMEWORK	TOTAL MINS
1	Walk 2 / Run 8 / 6 times + 5 minute walk	65 - LSD
2	Walk 2 / Run 8 / 4 times	40 - EZ
3	Walk 2 / Run 8 / 5 times	50 - MED

**TIP:** This gradual 10K program is all about running a strong, safe and injury free 10K on Boogie Day (June 8). The walk breaks ensure your building your base safely and with confidence. Plus they make running a whole lot more fun!

### WEEK EIGHT

DAY	HOMEWORK MAX THE TIME ON YOUR FEET FOR YOUR LSD RUN THIS WEEK	TOTAL MINS
1	Walk 2 / Run 8 / 7 times	70 - LSD
2	Walk 2 / Run 8 / 4 times	40 - EZ
3	Walk 2 / Run 8 / 6 times	65 - MED

### WEEK NINE

DAY	HOMEWORK - ONLY 1 WEEK TO GO!	TOTAL MINS
1	Walk 2 / Run 8 / 6 times + 5 minute walk	9-10k Approx. Boogie Dry Run - LSD
2	Walk 2 / Run 8 / 3 times	30 - TAPER
3	Walk 2 / Run 8 / 3 times	30 - TAPER

**TIP:** Healthy running means tapering before your goal run. The training is done and now it's time to rest. Boogie is the icing on the cake and a day to feel proud of your commitment to self.

### FIVE IMPORTANT WALKING / RUNNING TIPS

1. Rest days: Put rest days in between run days - never go two days in a row.
2. Number one cause of injury is too much too soon, regardless of your running history. If you're just coming back to running this spring - ease back into it.
3. Number two cause of injury is worn-out or incorrect shoes for your feet. It is very important to be in a proper running shoe. Shop at a specialty running store where they really know running and shoes. If your shoes are past six months old, it's definitely time for some new ones. Your feet will love it and so will your running.
4. Warm up and cool down: Always warm up (walking) and cool down (walking) for each and every workout. Always stretch after you walk or run.
5. Don't ever run through pain: If you feel an owie coming on - STOP running. Never ever run through pain. An owie you can nip right away - if you run through it you turn that owie into an injury that wasn't necessary. Take necessary rest days for a quick recovery.



## RUN 10K - EXPERIENCED NINE WEEK TRAINING PROGRAM

RUN 10K AT THE BRIDGE CITY BOOGIE

3 WORKOUTS PER WEEK. NEVER 2 DAYS IN A ROW.  
CROSS-TRAIN ON REST DAYS, BUT LEAVE AT LEAST ONE OR TWO  
DAYS OF TOTAL REST.

### WEEK ONE

DAY	HOMEWORK	TOTAL MINS
1	Walk 1 / Run 9 / 5 times	50 - EZ
2	Walk 1 / Run 9 / 4 times	40 - EZ
3	Walk 1 / Run 9 / 6 times	60 - MED
	Optional: Cross train for 45 minutes (can be power walking, cycling, swimming, spin class and any low impact aerobic workout)	

**TIP:** The 10K program is for those who have run 10K before (or many 10K'S). We begin to introduce some technical running (hill training, speed play, trails). All 10K training is a walk 1/run 9 interval.

### WEEK TWO

DAY	HOMEWORK	TOTAL MINS
1	Walk 1 / Run / 6 times + 5 minute run	65 - LSD 10K
2	Walk 1 / Run 9 / 4 times	40 - EZ
3	Walk 1 / Run 9 / 6 times	60 - MED

**TIP:** Always remember to walk in your warm up and cool down. Walking introduces your muscles to your workout and same goes to cooling down. Never stretch a muscle that is still 'firing'.

### WEEK THREE

DAY	HOMEWORK	TOTAL MINS
1	Walk 1 / Run 9 / 7 times	70 - LSD
2	Walk 1 / Run 9 / 4 times	40 - EZ
3	Walk 1 / Run 9 / 5-6 times	50-60 MED - Steady pace
4	Rest or cross-train aerobically - Low impact activities	40-50

**TIP:** Hydration. Always have water on your back and hydrate well before running and after running. Dehydration is often the cause of fatigue, headaches and injuries.

### WEEK FOUR

DAY	HOMEWORK	TOTAL MINS
1	Walk 1 / Run 9 / 7 times + 5 minute run	75 - LSD - 12K
2	Walk 1 / Run 9 / 4 times	40 - EZ
3	Walk 1 / Run 9 / 6 times / 3-4 fartleks halfway through workout	60 - MED
4	Rest or cross-train aerobically - Low impact activities	40-50

**TIP:** You are building past the 10k distance to ensure you run it strong and injury free. Make sure to keep the Runclub rules of healthy running) as above in the beginners and 10k programs.

### WEEK FIVE

DAY	HOMEWORK	TOTAL MINS
1	Walk 1 / Run 9 / 7 times + 5 minute run 12k with hills. Power walk up hills or run & walk up. This builds strength in your running legs.	75 - LSD WITH HILLS
2	Walk 1 / Run 9 / 4 times	40 - EZ
3	Walk 1 / Run 9 / 6 times / 3-4 fartleks halfway through workout	60 - MED
4	Rest or cross-train aerobically - Low impact activities	40 - 60

**TIP:** Fartleks – informal speed play. Run fast / slow intervals of a playful distance ( e.g: tree to tree). Keep your motivation high by accepting the easy run days and the ones that are more of a challenge. Be passionate about your sport. On a rest day, rent a running movie. Suggestion: Saint Ralph. The wonderful story of a young boy who trains for the dream of keeping his mother alive.

### ACRONYMS:

LSD - Long, steady distance    EZ - Easy    MED - Medium

### WEEK SIX

DAY	HOMEWORK	TOTAL MINS
1	Walk 1 / Run 9 / 8 times	80 - LSD - 13K
2	Walk 1 / Run 9 / 4 times	40 - EZ
3	Walk 1 / Run 9 / 6 times / 3-4 fartleks halfway through workout	60 - MED
4	Rest or cross-train aerobically - Low impact activities	40 - 50

**TIP:** You are more than ready to Boogie. You have been running over 10K almost each week since the training started. Way to go!

### WEEK SEVEN

DAY	HOMEWORK - HOLD STEADY THIS WEEK INCREASE TO 70 MINS FOR YOUR LSD NEXT WEEK	TOTAL MINS
1	Walk 1 / Run 9 / 8 times	80 - LSD - 13K
2	Walk 1 / Run 9 / 4 times	40 - EZ
3	Walk 1 / Run 9 / 6 times with 2 hills or trails	60 - MED
4	Rest or cross-train aerobically - Low impact activities	50 - 60

**TIP:** Holding steady at the 13K mark for your LSD run. Start to gradually include some hill training. Hills build strength and confidence.

### WEEK EIGHT

DAY	HOMEWORK - MAX THE TIME ON YOUR FEET FOR YOUR LSD RUN THIS WEEK	TOTAL MINS
1	Walk 1 / Run 9 / 9 times	90 - LSD - 14K
2	Walk 1 / Run 9 / 4 times	40 - EZ
3	Walk 1 / Run 9 / 6 times with 4-5 fartleks	60 - MED
4	Rest or cross-train aerobically - Low impact activities	50 - 60

### WEEK NINE

DAY	HOMEWORK - 1 WEEK TO GO!	TOTAL MINS
1	Walk 1 / Run 9 for 10k	LSD
2	Walk 1 / Run 9 / 4 times	40 - TAPER
3	Walk 1 / Run 9 / 3 times	30 - TAPER

**TIP:** Eat well this week (but light) and especially the day before Boogie. No rich sauces, greasy foods or heavy proteins.

### FIVE IMPORTANT WALKING / RUNNING TIPS

1. Rest days: Put rest days in between run days - never go two days in a row.
2. Number one cause of injury is too much too soon, regardless of your running history. If you're just coming back to running this spring - ease back into it.
3. Number two cause of injury is worn-out or incorrect shoes for your feet. It is very important to be in a proper running shoe. Shop at a specialty running store where they really know running and shoes. If your shoes are past six months old, it's definitely time for some new ones. Your feet will love it and so will your running.
4. Warm up and cool down: Always warm up (walking) and cool down (walking) for each and every workout. Always stretch after you walk or run.
5. Don't ever run through pain: If you feel an owie coming on - STOP running. Never ever run through pain. An owie you can nip right away - if you run through it you turn that owie into an injury that wasn't necessary. Take necessary rest days for a quick recovery.