

TRAINER

www.TC10K.ca

Follow the Kids' 1.5K Trainer to have a speedy race at the

THRIFTY FOODS™

FAMILY RUN



THE 27TH ANNUAL
TC10K

TIMES COLONIST 10K • THRIFTY FOODS FAMILY RUN
RUN • WALK • APRIL 24TH, 2016

STARTING
MARCH 1ST

Each week, run the distance in the circle and colour it in!

500m = 5 min

Keep track of your training by colouring in the bubbles when you complete your distance

	TRAINING DAY 1	TRAINING DAY 2	TRAINING DAY 3
WEEK 1	500 M	500M	500M
WEEK 2	500M	750M	500M
WEEK 3	750M	500M	750M
WEEK 4	500M	750M	750M
WEEK 5	750M	750M	1K
WEEK 6	750M	1K	750M
WEEK 7	1.5K	750M	1K
WEEK 8	750M	1K	1.5K RACE DAY!

PROUDLY PRESENTED BY



IN PARTNERSHIP WITH



SUNDAY
APRIL 24TH
RACE DAY!

