



TRAINER

WWW.TC10K.CA

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

THRIFTY FOODS™

**FAMILY
RUN**



THE 27TH ANNUAL
TC 10K

RUN • WALK • APRIL 24TH, 2016

**STARTING
MARCH 1ST**

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

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

500m
= 5 min

**SUNDAY,
APRIL 24TH
RACE DAY!**

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 THE



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MEDIA PARTNERS

