

WHAT LEVEL AM I???

Level 1: You might be Level One if you:

- ✓ lead a sedentary life style
- ✓ have never thought of walking as a fitness tool before - just as a means to get to the car
- ✓ want to become fitter and healthier through walking

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:

- ✓ go for semi regular fitness walks that get your heart rate up and have you shedding a layer of clothing
- ✓ do other sports that get you active
- ✓ have a desire to finally learn to run - or at least try it on for size

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

Level 3: You might be Level Three if you:

- ✓ have already been giving running a try
- ✓ are very fit and play running sports like soccer

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

Level 4: You might be Level Four if you:

- ✓ already do a strong 5K distance (or more) with a continuous run
- You will graduate this Clinic with a much faster 5K race and the skills to continue your development!

Clinic participants generally separate in to sub groups within these 4 levels. This allows for every pace to find a home. We do not want anyone straining...only training.

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 your lungs are bursting and you can't feel your feet you might want to move to a more appropriate group.

You can't feel Olympic every week, some days you just need a break! That's possible, too.