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Grapes Of Wrath “Beginner” Training Program

Chris will be providing group training for those who would like to personally challenge themselves for the GOW event. The **Group Training** program will be Saturday’s, starting on Saturday May 12th, 9am (at the canal path in St.Catharines, at the Museum Please consult your physician prior to starting an exercise program.

w = walk j = jog x = repeats S/C= Strength/Core (see provided program)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday Meet with Trainer	Sunday
Week 1 May 7th	w 10 min. (j 1min./ w 2 min.- 4x) w 5 min.	rest	w 15min. (j 1min./ w 2 min. 4x) w 5 min	Rest	Rest	S/C	rest
Week 2 May 14th	w 5 min. (j 2min./ w 2 min. 5x) w 5 min.	rest	w 15 min. (j 2min./ w 2 min. 5x) w 5 min.	rest	rest	S/C	rest
Week 3 May 21st	w 5 min. (j 4 min./ w 1 min. 4x) w 5 min.	rest	w 10 min. (j 3min./ w 2 min. 6x) w 5 min.	rest	rest	S/C	rest
Week 4 May 28th	w 3 min. (j 6 min./ w 2 min. 4x) w 5 min.	rest	S/C w 3 min. j 10 min w 5 min	rest	rest	w 5 min. (j 5min./ w 2 min. 2x) w 5 min. S/C	
Week 5 June 4th	w 3 min. (j 10 min/ 2 min x3) w 5 min	rest	S/C w 3 min. j 10 min w 5 min	rest	rest	w 5 min. (j 5min./ w 2 min. 3x) w 5 min. S/C	
Week 6 June 11th	w 3 min. j 20 min w 5 min	rest	S/C w 3 min. j 10 min w 5 min	rest	rest	w 3 min. (j 8 min./ w 2 min. 3x) w 5 min. S/C (x1)	
Week 7 June 18th	w 3 min. j 35 min w 5 min	rest	S/C (x1) w 3 min. j 15 min w 5 min	rest	rest	w 3 min. (j 10 min./ w 2 min. 3x) w 5 min. S/C (x1)	
Week 8 June 25th	w 3 min. j 25 min w 5 min	rest	S/C (x1) w 3 min. j 15 min w 5 min	rest	rest	w 3 min. j 30 min w 5 min S/C	

This training program ends 1 week prior to the actual race date. The week of July 2 – 7th you may run 2 days; 30 minutes on the Monday & Wednesday. Rest the Thursday & Friday before race day) Do not over exert as this is an “active rest week” to prepare you for Saturday July 7th GOW event day. Follow the program as laid out below. Have confidence; believe in yourself and the program.

If you would like to join **Group Training**, commitment of \$99 for the 8 weeks of training. Or a \$20 drop-in fee/session

- Drink water – ½ of a glass before exercise and sip water during exercise, 1 glass after exercise.
- Wear proper shoes (running shoes) to support your feet and joints.
- Stretch after exercise