



Walker to Landrunner 5k Training Program

Start Running with Confidence Today!

Introducing the Oklahoma City Landrunners' Walker to Landrunner 5k training program! This 8 week program is specifically designed for beginners looking to start a running or walking routine. With the Walker to Landrunner program, you will be ready to complete your first 5k before the end of summer. The program starts June 18, 2016. This is a fun filled, low impact, training program, designed to help you run "Your Race at your Pace".

- The program is designed for beginners wanting to start an exercise program that includes walking and/or running.
- The program follows a run-walk-run low impact training plan at your pace.
- Some participants choose to return each season. They have found that it is a wonderful program to stay in shape and meet up with other running buddies looking to get ready for a 5k.
- To be successful, you are encouraged to attend all the Saturday group workouts and follow the weekly training plan.
- Experienced runners, and RRCA Certified running coaches, will coach the group on the basics of running and running/walking and lead the group workouts.
- Weekly group workouts will be on Saturday mornings at 7:00 AM, and will meet at Lake Hefner, usually in the Mama Rojas parking lot.

Group workouts are approximately 30-40 minutes, but vary according to length of run and speed of each individual participant. For more information about the program, please visit www.okcrunning.org. Or email [David Gallant](mailto:David.Gallant@5K.Training@okcrunning.org) at 5K.Training@okcrunning.org

The optional Goal Race is the Midnight Streak Annual 5k run for the arts. Downtown OKC – August 20, Each runner registers and pays for the race. We will be there to support you and cheer – LOUDLY – for you when you cross the finish line. More information will be available when registration opens up.



"...to support health and fitness for all ages through recreational running"