

**Metre Eaters Introduce:**  
***Saturday Morning Track Workouts in July!***

We've had some recent requests to add some track/speed workouts to our group runs so we are going to give this a try. See information below. If you have any question, reach out to Jennifer (jpasiciel@gmail.com)

**What:** **Track workouts for ALL running abilities.** These are meant to be *non-intimidating* and open to all runners, whether you are a seasoned fartlek runner or have never done a stride before in your life. I will lead the group through the workout, explaining what and why we are doing each part. There is no stress to run fast/keep up with others as we are on the track so you won't get too far ahead or behind 😊

The workout will include:

- Approximately 7 min jogging warm-up at your own pace
- Active warm-up (plyometrics and strides) focusing on form
- A track speed workout (that you can modify based on how you are feeling that day and how much you want to run)
- A cool down jog and stretching

**When:** **9:00am on Saturdays in July** (July 2, 9, 16, 23, and 30<sup>th</sup>)

**Where:** **Royal Canadian Legion Track**, near the International Friendship Gardens

**Why:** The **many benefits** of adding in some speed work to your running routine include:

- Meet other runners and potential training partners
- Increase your running speed and endurance (think quality running over quantity running)
- Improve running form (which reduces risk of repetitive strain injuries caused by bad form)
- Learn something new if you haven't done this sort of thing before

**How:** Just show up at **9:00am** ready to go and we will go from there!

*If you have any questions let me know and I hope to see you out!*

**Jennifer (jpasiciel@gmail.com)**