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Mitja Marató Colomenca I 10K - 10K

129 1191 Alberto, Martín Molina 0:50:06 0:49:34 M3 Panteres Gr 252 1185 Jesus, Diaz Bellon 1:00:02 0:58:57 M6 Panteres Gr 9 Club Peña Reuma - Temps Total: 2:40:35 Pos Dorsal Nom T.oficial T.real Cat Club 97 1231 Jon, Pons Casero 0:46:47 0:46:30 M4 Peña Reuma 218 1230 Raúl, Molina Santos 0:56:35 0:56:18 M4 Peña Reuma 7th, 2024

Felsted 10K 2014 Felsted 10k 2014 - Grange Farm & ...

132 0:50:10 SIBLEY, Gary Braintree AC Senior Male 271 132 133 0:50:11 TYRER, James Ware Joggers Senior Male 339 133 134 0:50:13 FAULKNER, Stephen Herts Phoenix Ac Male V50+ 225 134 135 0:50:14 AMIES, Debbie Ware Joggers Female V45+ 142 135 136 0:50:16 WILSON, David Male V50+ 248 136 137 0: 4th, 2024

Race Date St Patrick's Day Distance Festival 10k 10k Race

Mar 15, 2014 · 1 * Libby Woods Mckean 610 12 1:05:01.8202 1:05:10.7 0:08.9 10:29/M 23:16.9 Name Age Chip Time-----Total-----Place Bib No Gun Time Pace Chip Diff Female 13 To 19 City Overall Time Back 1 * Rebecca Easley Erie 138 19 44:07.227 44:09.4 0:02.2 7:07/M 2:22.3 2 Mimi Prathe 4th, 2024

10 FORKLIFT SAFETY RULES - Forklift Safety Training Kit

10 Forklift Safety Rules: •wear Your Seat Belt On Sit-down Rider Forklifts •no Horseplay Or Mis-use Of Forklifts •sound Horn At Blind Corners & Intersections •no Riders •chock Truck & Trailer Wheels Before Entering •do Not Raise Or Lower Loads While Traveling •lower Forks To The Ground 2th, 2024

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30D QFM™ Quick Fork Mount Push/Pull Serial Numbers 674171 Through 676310 0 Manual Number 674427-R2 ... 1 24 T 2 1 5904 1 Nut. L/2 NC I 1 25 T 2 I 674241 I Caoscrew. 112 NC Y 6.00 GR6 I 1 26 1 2 1 676278 1 Pivot Hook I 1 27 1 2 1 676280 1 Hook I 1 28 I 4 667910 I Washer I I ... 19th, 2024

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3. Your Goal Is To Run A Half Marathon In Under 1 H 30. No 8. Running Your first 10K No 9. Running Your first 10K In Under 55 Minutes No 10. Running Your first 5K No 11. Running A 5K In Under 25 Minutes 1. You Can Run For At Least 20 Consecutive Minutes Without Pain Or Injury. 2. Your Goal Is To Run Your first 10K. 22th, 2024

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Raced A 10K Before. The First Is To Race A 5K Prior To Beginning This Plan. Take Your 5K Time, Double It, Add 90-120sec, And That Will Give You An Approximate 10K Goal Pace To Shoot For During The Program. For Instance, A 20min 5K Runner Would Double This Time (40min), And Add Two-minutes To Establish A Goal Pace Of Around 42min. 21th, 2024

10k Beginner Training Guide - Mental Health Foundation

This Training Guide Is For You If You Fall Into One Of The Following Categories: • You Are Entering Your First Ever Running Event Which Is A 10k. • You Have Possibly Completed A 5k Event And Are Looking To Move Up In Distance. The 10k Beginner Training Guide Focuses On Everything You Need To Help You Complete Your First Event, Sensible ... 10th, 2024

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YOUR 6-WEEK RACE FOR LIFE 10K BEGINNER TRAINING PLAN Training Plan Created By Registered Charity In England And Wales (1089464), Scotland (SC041666) And Isle Of Man (1103) MON TUE WED THUR FRI SAT SUN WEEK 1 Your Goal Is To Set A Good Routine. Ring Fence The Training Time In Your Diary And Think About When The Best Time Is For You To Train. 1th, 2024

DART 10K TRAINING MANUAL - Outdoor Swimming Society

Carry These Concepts Carry Through To Your Swimming Stroke, Every Time Your Legs And Arms Splay Outside Of The Narrow Profile Of Your Body You Will Be Working Twice As Hard To Move Forward. Keeping Your Body Straight, Your Kick Neat And So On, Will Mean You Can Swim With Less Effort. In Training Drills, Work To Identify And Reduce Drag. 6th, 2024

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“Complete” 10k Training Plan - Gazelle Girl

“Complete” 10k Training Plan A Program For Your First 10k. Run 3 Miles Run 2.5 Miles Active Rest Run 30 Min Rest.5 Mile Easy 4 X 200 M.5 Mile Easy Active Rest Rest Active Rest Active Rest Active Rest Run 30 Min Run 30 Min Run 30 Min Walk 30 Min.5 Mile Easy 4 X 400 M.5 Mile Easy 19th, 2024

10K Training Plan - HARTFORD MARATHON FOUNDATION

Cross-Train: Swimming, Cycling, Walking, Or Other Forms Of Aerobic Training. Can Include Strength Training. Cross-training Days Should Be Considered Easy Days That Allow You To Recover From The Running You Do The Rest Of The Week. 10K Training Plan This Is A Basic Progressive Training Schedule. Your Actual Mileage May Vary! 8th, 2024

2014 Youth 10k Training Program - Sports Backers

2014 Youth 10k Training Program By Building A Healthier, More Vibrant Place To Live, Work And Play Through ... Expect To Feel A Little Soreness The First Week Or Two. You May Not Have Exercised Much, And It Will Take A Little While ... Rest Is An Integral Part Of Your Training. If You Would Like To Go For An Easy Walk On Your Rest Days That Is Okay 13th, 2024

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Work-related Commitments. Furthermore, It Reduces Your Risk Of Overuse Injury. Sweat Elite Brings Together The Tens Of Thousands Of Hours Of Training, Racing And Coaching Experience Of The World's Best Athletes, To Form This Plan To Guide You To 10k Success! 2 The Idea That The Harder 15th, 2024

Fitness Magazine Faster TRAINING 10k GUIDE

The Body Exists Between Two States, "postprandial" (the Fed State), And "post-absorptive" (the Fasted State). During The Post - Prandial State, The Body Has Food Stores To Burn, So It Shuts Down Its Fat Burning Mechanism And Relies On Energy Provided From The Meal. Performing Fasted Cardio 17th, 2024

16-week 10K & Half Marathon Training Plan - BEGINNER

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