

## Intermediate Phantom Run Training Program

### October 2009

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
				1 Road run 45 min	2	3 Long run
4 Rest	5 Gym/fitness	6 Workout at Loutet 30 min/60 min total time	7 Gym/fitness	8 Road run 50 min	8	10 Long run
11 Rest	12 Gym/fitness	13 Workout at Loutet 30 min/60 min total time	14 Gym/fitness	15 Road run 60 min	16	17 Long run
18 Rest	19 Gym/fitness	20 Workout at Loutet 30 min/60 min total time	21 Hill hike	22 Road run 60 min	23	24 Long run
25 Hallows Eve race	26 Gym/fitness	27 Workout at Loutet 30 min/60 min total time	28 Hill hike	29 Road run 60 min	30	31 Longest run: orientation

### November 2009

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1 TAPERING STARTS Rest	2 Gym/fitness	3 Workout at Loutet 30 min/60 min total time	4 Gym/fitness	5 Road run 60 min	6	7 Long run
8 Rest	9 Easy Hike, walk the dog	10 Easy Workout at Loutet 30 min	11 REST	12 Easy run 45 min	13 REST	14 Race Day!!
15 Rest	16 Easy Hike, walk the dog	17 Easy run 30 min	18	19- Easy run 30 min	20	21 Trail maintenance
22	23	24	25	26	27	28
29	30					

# Elements of the Training Program

## ***Three to four runs***

- One long run on Saturday.
- One running workout on Tuesday (core strength, speed, boot camps) of about 30 minutes, add extra time for warm up and cool down.
- One road run of about 60 minutes on another day.
- Another short run if you want.

## ***Gym/Fitness***

- Two gym/fitness sessions per week.
- Can be at home using a regimen provided or use Curb's video and thera band. Include core strength exercises.
- There are core strength classes at community centres.

## ***Rest***

- Make sure you have some rest days.

## ***Hills***

- Add some hill hikes up to 2 hours.

## ***Stretching***

- Include warm ups (easy run, legs swings, dancing) before exercise and do stretching when you are done.

## ***Preventing Injury***

- If you are getting pain, see a sports physiotherapist. They will give you treatments and exercises to fix the problem.
- Moveo Sport and Rehab is our sponsor and they have an excellent reputation. They won a Business Excellence Award in 2008.

## ***Tapering***

- Tapering will start after our longest run.
- This means you don't take on any new exercises or sports until after the race.
- Cut back on gym workouts or make them easy.
- The last two weeks are not the time to be ramping up.
- Eat healthy food.
- Drink lots of water.

## ***Ways to Fit in the Training***

- Early morning and then late in the day (2 workouts).
- Trade child care sitting.
- Back to back days.
- Make a pact with a friend to get out there.
- Post this program where you see it every day.
- If you lose motivation, do something different like climbing a new hill every day.
- Get your partner to drop you off part way home and you run home.
- Borrow a dog.