

Short Course Phantom Run Training Program

| October 2010 | | | | | | |
|------------------------|-------------------|-----------------------------|-------------------|-----------------------|-----|-----------------------------------|
| Sun | Mon | Tues | Wed | Thurs | Fri | Sat |
| | | | | 30 Road run 30 min | 1 | 2 Long run |
| 3 Rest | 4 Gym/fitness | 5 30 min focus on speed | 6 Gym/fitness | 7 Road run 30 min | 8 | 9 Long run |
| 10 Rest | 11 Gym/fitness | 12 30 min focus on speed | 13 Gym/fitness | 14 Road run 30 min | 15 | 16 Long run |
| 17 Rest | 18 Gym/fitness | 19 30 min focus on speed | 20 Hill hike | 21 Road run 30 min | 22 | 23 Long run |
| 24 Hallows Eve race | 25 Gym/fitness | 26 30 min focus on speed | 27 Hill hike | 28 Road run 30 min | 19 | 30 Longest run: orientation |

| November 2010 | | | | | | |
|-------------------------------|-------------------------------|----------------------------|------------------|-----------------------|------------|--------------------------|
| Sun | Mon | Tues | Wed | Thurs | Fri | Sat |
| 31 TAPERING STARTS Rest | 1 Gym/fitness | 2 30 min focus on speed | 3 Gym/fitness | 4 Road run 30 min | 5 | 6 Long run |
| 7 Rest | 8 Easy Hike, walk the dog | 9 Easy Workout | 10 REST | 11 Easy run 30 min | 12 REST | 13 Race Day!! |
| 14 Rest | 15 Easy Hike, walk the dog | 16 Easy run 30 min | 17 | 18 Easy run 30 min | 19 | 20 Trail maintenance? |
| 21 | 22 | 23 Easy run 30 min | 24 | 25 Easy run 30 min | 26 | 27 Easy run 45 min |
| 28 | 19 | 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 for warm up and cool down.
- One road run of about 30 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 1.5 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.
- Don't overdo it.
- Use a foam roller or other device to help work out the tight spots.
- 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.