

## Training Program

This program provides guidelines only. Here are some ideal parts to your weekly or 10 day program. Set up a schedule on a calendar and post it so you see it every day.

*Note: If you are also training for another event, talk to us about adapting this program.*

### Three to four runs

- One long run on Saturday.
- One speed workout of about 30 minutes, add extra time for warm up and cool down.
- One road run of about 30-60 minutes depending on your goal distance.
- Another short run as a tempo run. Alternate with fartleks and mile repeats on other days.

### Gym/Fitness/Cross Training

- Two gym/fitness sessions per week. Can be at home using a regimen provided or use a video. Include core strength exercises (available at community centres).
- Ride your bike.

### Rest

- Make sure you have some rest days.

### Hills

- Add some hill hikes up to 2 hours. Examples: BCMC, Seymour Grind, Old Buck loop.

### 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. You will be given treatments and exercises to fix the problem. DO the exercises!

- 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 like Saturday and Sunday.
- 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.

### Record Your Progress

- Use the runner's log to record what you did and how you felt. If returning from an injury, go back to an easier level.

**Schedule**

A Month						
Sun	Mon	Tues	Wed	Thurs	Fri	Sat
				1 Road run 30-45 min	2 Rest	3 Long run
4 Rest	5 Gym/fitness or cross trg	6 Speed workout 30 min	7 Gym/fitness or cross trg	8 Road run 30-50 min	8 Tempo run	10 Long run
11 Rest	12 Gym/fitness or cross trg	13 Speed workout 30 min	14 Gym/fitness or cross trg	15 Road run 40-60 min	16 Rest	17 Long run
18 Rest	19 Gym/fitness or cross trg	20 Speed workout 30 min	21 Hill hike or cross trg	22 Road run 40-60 min	23 Fartleks, or mile repeats.	24 Long run
25 Rest	26 Gym/fitness or cross trg	27 Speed workout 30 min	28 Hill hike or cross trg	29 Road run 40-60 min	30 Rest	31 Long run

**Speed Workout**

Speed workouts should be short, like 30 minutes. Add warm up and cool down time.

Gradually increase the demands of the session over time and within the workout. Here's a ladder workout on a track example: run 2, 4, 6, 10, 4, 2 minutes at 75% maximum heart rate (or effort level) with equal rest time walking or jogging in between each run.

**Low Stress Example**

At a track, do slow jog of 10-20 minutes around the track to warm up. Do one 400 m lap at 75% maximum heart rate (or effort level), then do another lap walking or easy jogging. Do 3 more laps the same way. End with 10-20 minutes easy jog and then easy walk.

**Tempo Run**

In a tempo run, you run race pace or close to it for 2-5 minutes. It should not build up oxygen debt so run slower if in doubt. Jog easily in between each spurt. Total time about 30 minutes. Add warm up and cool down time.

**Fartleks**

Fartlek is a Swedish word meaning speed play. It is free form; you decide what you want to do. You do quick spurts to the next landmark and then run easily. You can do this on roads, tracks or flat trails. When you have done as much as you want, you jog to cool down.

**Mile Repeats**

Calculate a mile in your neighbourhood or trail (Rice Lake is about a mile). Do warm up lap. Start with 2-3 repeats faster than race pace, with 2-5 minute walk rest in between. Do cool down lap.

**Cool Down**

If you stop abruptly, lactic acid builds up and makes you stiff.

After a speed workout or tempo run, jog easily for 10 minutes, then walk for 10 minutes.

## Reaching Your Goals

### ***Knowing rather than doing***

By now, you probably know that you should be:

- eating nutritional food,
- following your program faithfully,
- taking rest days,
- drinking lots of water,
- eating enough food on long runs,
- stretching after every run,
- cutting back if injured,
- going to a sports physiotherapist if injured,
- getting sleep,
- avoiding too much alcohol before runs,
- strengthening your ankles,
- working on core stability and cross training.

True? A highly tuned athlete will not only know all these things but also DO THEM. You are an athlete in training.

If you are not doing these things, start TODAY.

### ***Your biggest goal***

Keep your biggest goal in mind at all times. Ask yourself this question: will this activity help me reach my goal? If the answer is no, don't do it. For example, there may be a race coming up in the middle of your training program and you have been thinking about doing it because you did it last year. Ask yourself if it will be a benefit, or just be another race. If you do that other race, and get injured, you will have prevented yourself from reaching your primary goal. If you are competitive in a race and go out too fast, that may interfere with your next training run. And consider if the distance fits into your training program.

### ***Poster***

Visual reminders help us keep our goals in mind. Make a poster (for example, a photo of the trail) and put it in a place that you will see every day. This will help reinforce your commitment.