

CANADA GET FIT TRAINING SCHEDULE

2013 Season

WEEK STARTING APRIL 13, 2013

WEEK 1

FOCUS Early Season Fitness

	SATURDAY 13-Apr	SUNDAY 14-Apr	MONDAY 15-Apr	TUESDAY 16-Apr	WEDNESDAY 17-Apr	THURSDAY 18-Apr	FRIDAY 19-Apr
MARATHON ADVANCED	5 km REGISTRATION	50-60 min Cardio	40 min Easy Run	Strength or Core	40 min Easy Hills	Strength or Core	OFF
MARATHON STANDARD	5 km REGISTRATION	OFF	30	35	OFF	25	OFF

WEEK 1

FOCUS Early Season Fitness

	SATURDAY 13-Apr	SUNDAY 14-Apr	MONDAY 15-Apr	TUESDAY 16-Apr	WEDNESDAY 17-Apr	THURSDAY 18-Apr	FRIDAY 19-Apr
HALF ADVANCED	3 km REGISTRATION	50-60 min Cardio	40 min Easy Run	Strength or Core	40 min Easy Hills	Strength or Core	OFF
HALF STANDARD	3 km REGISTRATION	OFF	25	30	OFF	20	OFF

Coaching Notes

- 1 Intensity** Saturday: Long slow distance runs. To be completed at low to moderate intensity 1-3 minutes below anticipated race pace
Sunday: Generally low to medium
Monday: Medium to high: focus on running speed, efficiency & form
Wednesday: Medium to high: focus on hill running efficiency & form
- 2 Strength** Appropriate exercises include: strength training, core workout, yoga, crossfit for runners, pilates and yoga
- 2 Core** See the Canada Get Fit on line resouces for sample core exercise (bridge, side bridge, V-sit, Bicycle crunch, Bridge, Single Leg Bridge)
- 4 Cardio** Appropriate alternative cross training exercises include: Non-impact aerobic exercises such as swimming, cycling, spinning
- 5 Hill Training** 1/week per weekly instructions.
- 6 Speed Training** Tempo Run is 20 minutes of steady running at threshold pace. The pace at which the body can just clear out lactate buildup or 90% of your maximum heart rate. Steady State: You should be able to run at this pace for 25 to 75 minutes, a steady-state run should maintain a relatively consistent heart rate between 83 and 87 percent of your maximum heart rate.
- 7 Drills:** As Bs Cs
- 8 Benchmark** Simulate all aspects of race including pace, intensity, clothes & evolving strategy
- 9 Activity** Activity to be completed
- 10 Rest** Core believe of CGF
- 11 Time Trials** Push hard to see what your body is capable of doing - short runs
- 12 Focus/Phases** Early fitness, recovery, build endurance, long run transition, taper
- 13 OFF** Rest. Limit activity to ensure body has adequate opportunity to recover and reduce potential for injury.
- 14 Social** Social gathering of CGF members post work out. Location TBD

CANADA GET FIT TRAINING SCHEDULE

2013 Season

WEEK STARTING APRIL 20, 2013

WEEK 2

FOCUS Early Season Fitness

	SATURDAY 20-Apr	SUNDAY 21-Apr	MONDAY 22-Apr	TUESDAY 23-Apr	WEDNESDAY 24-Apr	THURSDAY 25-Apr	FRIDAY 26-Apr
MARATHON ADVANCED	7 km	50-60 min Cardio	40 min Easy Run	Strength or Core	40 min Easy Hills	Strength or Core	OFF
MARATHON STANDARD	7 km	OFF	30	35	OFF	25	OFF

WEEK 2

FOCUS Early Season Fitness

	SATURDAY 20-Apr	SUNDAY 21-Apr	MONDAY 22-Apr	TUESDAY 23-Apr	WEDNESDAY 24-Apr	THURSDAY 25-Apr	FRIDAY 26-Apr
HALF ADVANCED	5 km	50-60 min Cardio	40 min Easy Run	Strength or Core	40 min Easy Hills	Strength or Core	OFF
HALF STANDARD	5 km	OFF	25	30	OFF	20	OFF

Coaching Notes

- 1 Intensity** Saturday: Long slow distance runs. To be completed at low to moderate intensity 1-3 minutes below anticipated race pace
Sunday: Generally low to medium
Monday: Medium to high: focus on running speed, efficiency & form
Wednesday: Medium to high: focus on hill running efficiency & form
- 2 Strength** Appropriate exercises include: strength training, core workout, yoga, crossfit for runners, pilates and yoga
- 2 Core** See the Canada Get Fit on line resouces for sample core exercise (bridge, side bridge, V-sit, Bicycle crunch, Bridge, Single Leg Bridge)
- 4 Cardio** Appropriate alternative cross training exercises include: Non-impact aerobic exercises such as swimming, cycling, spinning
- 5 Hill Training** 1/week per weekly instructions.
- 6 Speed Training** Tempo Run is 20 minutes of steady running at threshold pace. The pace at which the body can just clear out lactate buildup or 90% of your maximum heart rate. Steady State: You should be able to run at this pace for 25 to 75 minutes, a steady-state run should maintain a relatively consistent heart rate between 83 and 87 percent of your maximum heart rate.
- 7 Drills:** As Bs Cs
- 8 Benchmark** Simulate all aspects of race including pace, intensity, clothes & evolving strategy
- 9 Activity** Activity to be completed
- 10 Rest** Core believe of CGF
- 11 Time Trials** Push hard to see what your body is capable of doing - short runs
- 12 Focus/Phases** Early fitness, recovery, build endurance, long run transition, taper
- 13 OFF** Rest. Limit activity to ensure body has adequate opportunity to recover and reduce potential for injury.
- 14 Social** Social gathering of CGF members post work out. Location TBD

CANADA GET FIT TRAINING SCHEDULE

2013 Season

WEEK STARTING APRIL 27, 2013

WEEK 3

FOCUS Early Season Fitness

	SATURDAY 27-Apr	SUNDAY 28-Apr	MONDAY 29-Apr	TUESDAY 30-Apr	WEDNESDAY 1-May	THURSDAY 2-May	FRIDAY 3-May
MARATHON ADVANCED	8 km	50-60 min Cardio	15 min WU (3 min fast/2 min recovery) x3 15 min CD	Strength or Core	20 min WU 3 x 75 sec hill repeats 20 min CD	Strength or Core	OFF
MARATHON STANDARD	8 km	OFF	30	35	OFF	30	OFF

WEEK 3

FOCUS Early Season Fitness

	SATURDAY 27-Apr	SUNDAY 28-Apr	MONDAY 29-Apr	TUESDAY 30-Apr	WEDNESDAY 1-May	THURSDAY 2-May	FRIDAY 3-May
HALF ADVANCED	6 km	50-60 min Cardio	15 min WU (3 min fast/2 min recovery) x3 15 min CD	Strength or Core	20 min WU 3 x 75 sec hill repeats 20 min CD	Strength or Core	OFF
HALF STANDARD	6 km	OFF	25	30	OFF	25	OFF

Coaching Notes

- 1 Intensity** Saturday: Long slow distance runs. To be completed at low to moderate intensity 1-3 minutes below anticipated race pace
Sunday: Generally low to medium
Monday: Medium to high: focus on running speed, efficiency & form
Wednesday: Medium to high: focus on hill running efficiency & form
- 2 Strength** Appropriate exercises include: strength training, core workout, yoga, crossfit for runners, pilates and yoga
- 2 Core** See the Canada Get Fit on line resouces for sample core exercise (bridge, side bridge, V-sit, Bicycle crunch, Bridge, Single Leg Bridge)
- 4 Cardio** Appropriate alternative cross training exercises include: Non-impact aerobic exercises such as swimming, cycling, spinning
- 5 Hill Training** 1/week per weekly instructions.
- 6 Speed Training** Tempo Run is 20 minutes of steady running at threshold pace. The pace at which the body can just clear out lactate buildup or 90% of your maximum heart rate. Steady State: You should be able to run at this pace for 25 to 75 minutes, a steady-state run should maintain a relatively consistent heart rate between 83 and 87 percent of your maximum heart rate.
- 7 Drills:** As Bs Cs
- 8 Benchmark** Simulate all aspects of race including pace, intensity, clothes & evolving strategy
- 9 Activity** Activity to be completed
- 10 Rest** Core believe of CGF
- 11 Time Trials** Push hard to see what your body is capable of doing - short runs
- 12 Focus/Phases** Early fitness, recovery, build endurance, long run transition, taper
- 13 OFF** Rest. Limit activity to ensure body has adequate opportunity to recover and reduce potential for injury.
- 14 Social** Social gathering of CGF members post work out. Location TBD

CANADA GET FIT TRAINING SCHEDULE

2013 Season

WEEK STARTING MAY 4, 2013

WEEK 4

FOCUS Build Endurance

	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	4-May	5-May	6-May	7-May	8-May	9-May	10-May
MARATHON ADVANCED	10 km	50-60 min Cardio	15 min WU (3 min fast/2 min recovery) x3 15 min CD	Strength or Core	20 min WU 3 x 75 sec hill repeats 20 min CD	Strength or Core	OFF
MARATHON STANDARD	10 km	OFF	30	35	OFF	30	OFF

WEEK 4

FOCUS Build Endurance

	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HALF ADVANCED	8 km	50-60 min Cardio	15 min WU (3 min fast/2 min recovery) x3 15 min CD	Strength or Core	20 min WU 3 x 75 sec hill repeats 20 min CD	Strength or Core	OFF
HALF STANDARD	8 km	OFF	25	30	OFF	25	OFF

Coaching Notes

- 1 Intensity** Saturday: Long slow distance runs. To be completed at low to moderate intensity 1-3 minutes below anticipated race pace
Sunday: Generally low to medium
Monday: Medium to high: focus on running speed, efficiency & form
Wednesday: Medium to high: focus on hill running efficiency & form
- 2 Strength** Appropriate exercises include: strength training, core workout, yoga, crossfit for runners, pilates and yoga
- 2 Core** See the Canada Get Fit on line resouces for sample core exercise (bridge, side bridge, V-sit, Bicycle crunch, Bridge, Single Leg Bridge)
- 4 Cardio** Appropriate alternative cross training exercises include: Non-impact aerobic exercises such as swimming, cycling, spinning
- 5 Hill Training** 1/week per weekly instructions.
- 6 Speed Training** Tempo Run is 20 minutes of steady running at threshold pace. The pace at which the body can just clear out lactate buildup or 90% of your maximum heart rate. Steady State: You should be able to run at this pace for 25 to 75 minutes, a steady-state run should maintain a relatively consistent heart rate between 83 and 87 percent of your maximum heart rate.
- 7 Drills:** As Bs Cs
- 8 Benchmark** Simulate all aspects of race including pace, intensity, clothes & evolving strategy
- 9 Activity** Activity to be completed
- 10 Rest** Core believe of CGF
- 11 Time Trials** Push hard to see what your body is capable of doing - short runs
- 12 Focus/Phases** Early fitness, recovery, build endurance, long run transition, taper
- 13 OFF** Rest. Limit activity to ensure body has adequate opportunity to recover and reduce potential for injury.
- 14 Social** Social gathering of CGF members post work out. Location TBD

CANADA GET FIT TRAINING SCHEDULE

2013 Season

WEEK STARTING MAY 11, 2013

WEEK 5

FOCUS Build Endurance

	SATURDAY 11-May	SUNDAY 12-May	MONDAY 13-May	TUESDAY 14-May	WEDNESDAY 15-May	THURSDAY 16-May	FRIDAY 17-May
MARATHON ADVANCED	11 km Yoga	50-60 min Cardio	15 min WU (3 min fast/2 min recovery) x3 15 min CD	Strength or Core	20 min WU 3 x 75 sec hill repeats 20 min CD	Strength or Core	OFF
MARATHON STANDARD	11 km Yoga	OFF	30	40	OFF	30	OFF

WEEK 5

FOCUS Build Endurance

	SATURDAY 11-May	SUNDAY 12-May	MONDAY 13-May	TUESDAY 14-May	WEDNESDAY 15-May	THURSDAY 16-May	FRIDAY 17-May
HALF ADVANCED	9 km Time Trial + Yoga	50-60 min Cardio	15 min WU (3 min fast/2 min recovery) x3 15 min CD	Strength or Core	20 min WU 3 x 75 sec hill repeats 20 min CD	Strength or Core	OFF
HALF STANDARD	9 km Time Trial + Yoga	OFF	25	35	OFF	25	OFF

Coaching Notes

- 1 Intensity** Saturday: Long slow distance runs. To be completed at low to moderate intensity 1-3 minutes below anticipated race pace
Sunday: Generally low to medium
Monday: Medium to high: focus on running speed, efficiency & form
Wednesday: Medium to high: focus on hill running efficiency & form
- 2 Strength** Appropriate exercises include: strength training, core workout, yoga, crossfit for runners, pilates and yoga
- 2 Core** See the Canada Get Fit on line resouces for sample core exercise (bridge, side bridge, V-sit, Bicycle crunch, Bridge, Single Leg Bridge)
- 4 Cardio** Appropriate alternative cross training exercises include: Non-impact aerobic exercises such as swimming, cycling, spinning
- 5 Hill Training** 1/week per weekly instructions.
- 6 Speed Training** Tempo Run is 20 minutes of steady running at threshold pace. The pace at which the body can just clear out lactate buildup or 90% of your maximum heart rate. Steady State: You should be able to run at this pace for 25 to 75 minutes, a steady-state run should maintain a relatively consistent heart rate between 83 and 87 percent of your maximum heart rate.
- 7 Drills:** As Bs Cs
- 8 Benchmark** Simulate all aspects of race including pace, intensity, clothes & evolving strategy
- 9 Activity** Activity to be completed
- 10 Rest** Core believe of CGF
- 11 Time Trials** Push hard to see what your body is capable of doing - short runs
- 12 Focus/Phases** Early fitness, recovery, build endurance, long run transition, taper
- 13 OFF** Rest. Limit activity to ensure body has adequate opportunity to recover and reduce potential for injury.
- 14 Social** Social gathering of CGF members post work out. Location TBD

CANADA GET FIT TRAINING SCHEDULE

2013 Season

WEEK STARTING MAY 18, 2013

WEEK 6

FOCUS Build Endurance

	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	18-May	19-May	20-May	21-May	22-May	23-May	24-May
MARATHON ADVANCED	13 km	50-60 min Cardio	15 min WU (3 min fast/2 min recovery) x3 15 min CD	Strength or Core	20 min WU 3 x 75 sec hill repeats 20 min CD	Strength or Core	OFF
MARATHON STANDARD	13 km	OFF	30	40	OFF	30	OFF

WEEK 6

FOCUS Build Endurance

	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	18-May	19-May	20-May	21-May	22-May	23-May	24-May
HALF ADVANCED	6 km	50-60 min Cardio	15 min WU (3 min fast/2 min recovery) x3 15 min CD	Strength or Core	20 min WU 3 x 75 sec hill repeats 20 min CD	Strength or Core	OFF
HALF STANDARD	6 km	OFF	25	30	OFF	25	OFF

Coaching Notes

- 1 Intensity** Saturday: Long slow distance runs. To be completed at low to moderate intensity 1-3 minutes below anticipated race pace
Sunday: Generally low to medium
Monday: Medium to high: focus on running speed, efficiency & form
Wednesday: Medium to high: focus on hill running efficiency & form
- 2 Strength** Appropriate exercises include: strength training, core workout, yoga, crossfit for runners, pilates and yoga
- 2 Core** See the Canada Get Fit on line resouces for sample core exercise (bridge, side bridge, V-sit, Bicycle crunch, Bridge, Single Leg Bridge)
- 4 Cardio** Appropriate alternative cross training exercises include: Non-impact aerobic exercises such as swimming, cycling, spinning
- 5 Hill Training** 1/week per weekly instructions.
- 6 Speed Training** Tempo Run is 20 minutes of steady running at threshold pace. The pace at which the body can just clear out lactate buildup or 90% of your maximum heart rate. Steady State: You should be able to run at this pace for 25 to 75 minutes, a steady-state run should maintain a relatively consistent heart rate between 83 and 87 percent of your maximum heart rate.
- 7 Drills:** As Bs Cs
- 8 Benchmark** Simulate all aspects of race including pace, intensity, clothes & evolving strategy
- 9 Activity** Activity to be completed
- 10 Rest** Core believe of CGF
- 11 Time Trials** Push hard to see what your body is capable of doing - short runs
- 12 Focus/Phases** Early fitness, recovery, build endurance, long run transition, taper
- 13 OFF** Rest. Limit activity to ensure body has adequate opportunity to recover and reduce potential for injury.
- 14 Social** Social gathering of CGF members post work out. Location TBD

CANADA GET FIT TRAINING SCHEDULE

2013 Season

WEEK STARTING MAY 25, 2013

WEEK 7

FOCUS Build Endurance

	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	25-May	26-May	27-May	28-May	29-May	30-May	31-May
MARATHON ADVANCED	14 km	50-60 min Cardio	15 min WU (3 min fast/2 min recovery) x4 15 min CD	Strength or Core	20 min WU 3 x 75 sec hill repeats 20 min CD	Strength or Core	OFF
MARATHON STANDARD	14 km	OFF	35	40	OFF	30	OFF

WEEK 7

FOCUS Build Endurance

	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	25-May	26-May	27-May	28-May	29-May	30-May	31-May
HALF ADVANCED	8 km	50-60 min Cardio	15 min WU (3 min fast/2 min recovery) x4 15 min CD	Strength or Core	20 min WU 3 x 75 sec hill repeats 20 min CD	Strength or Core	OFF
HALF STANDARD	8 km	OFF	30	35	OFF	25	OFF

Coaching Notes

- 1 Intensity** Saturday: Long slow distance runs. To be completed at low to moderate intensity 1-3 minutes below anticipated race pace
Sunday: Generally low to medium
Monday: Medium to high: focus on running speed, efficiency & form
Wednesday: Medium to high: focus on hill running efficiency & form
- 2 Strength** Appropriate exercises include: strength training, core workout, yoga, crossfit for runners, pilates and yoga
- 2 Core** See the Canada Get Fit on line resouces for sample core exercise (bridge, side bridge, V-sit, Bicycle crunch, Bridge, Single Leg Bridge)
- 4 Cardio** Appropriate alternative cross training exercises include: Non-impact aerobic exercises such as swimming, cycling, spinning
- 5 Hill Training** 1/week per weekly instructions.
- 6 Speed Training** Tempo Run is 20 minutes of steady running at threshold pace. The pace at which the body can just clear out lactate buildup or 90% of your maximum heart rate. Steady State: You should be able to run at this pace for 25 to 75 minutes, a steady-state run should maintain a relatively consistent heart rate between 83 and 87 percent of your maximum heart rate.
- 7 Drills:** As Bs Cs
- 8 Benchmark** Simulate all aspects of race including pace, intensity, clothes & evolving strategy
- 9 Activity** Activity to be completed
- 10 Rest** Core believe of CGF
- 11 Time Trials** Push hard to see what your body is capable of doing - short runs
- 12 Focus/Phases** Early fitness, recovery, build endurance, long run transition, taper
- 13 OFF** Rest. Limit activity to ensure body has adequate opportunity to recover and reduce potential for injury.
- 14 Social** Social gathering of CGF members post work out. Location TBD

CANADA GET FIT TRAINING SCHEDULE

2013 Season

WEEK STARTING JUNE 1, 2013

WEEK 8

FOCUS Build Endurance

	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1-Jun	2-Jun	3-Jun	4-Jun	5-Jun	6-Jun	7-Jun
MARATHON ADVANCED	16 km	50-60 min Cardio	15 min WU (3 min fast/2 min recovery) x4 15 min CD	Strength or Core	20 min WU 3 x 75 sec hill repeats 20 min CD	Strength or Core	OFF
MARATHON STANDARD	16 km	OFF	35	40	OFF	30	OFF

WEEK 8

FOCUS Build Endurance

	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1-Jun	2-Jun	3-Jun	4-Jun	5-Jun	6-Jun	7-Jun
HALF ADVANCED	9 km Time Trial	50-60 min Cardio	15 min WU (3 min fast/2 min recovery) x4 15 min CD	Strength or Core	20 min WU 3 x 75 sec hill repeats 20 min CD	Strength or Core	OFF
HALF STANDARD	9 km Time Trial	OFF	30	35	OFF	25	OFF

Coaching Notes

- 1 Intensity** Saturday: Long slow distance runs. To be completed at low to moderate intensity 1-3 minutes below anticipated race pace
Sunday: Generally low to medium
Monday: Medium to high: focus on running speed, efficiency & form
Wednesday: Medium to high: focus on hill running efficiency & form
- 2 Strength** Appropriate exercises include: strength training, core workout, yoga, crossfit for runners, pilates and yoga
- 2 Core** See the Canada Get Fit on line resouces for sample core exercise (bridge, side bridge, V-sit, Bicycle crunch, Bridge, Single Leg Bridge)
- 4 Cardio** Appropriate alternative cross training exercises include: Non-impact aerobic exercises such as swimming, cycling, spinning
- 5 Hill Training** 1/week per weekly instructions.
- 6 Speed Training** Tempo Run is 20 minutes of steady running at threshold pace. The pace at which the body can just clear out lactate buildup or 90% of your maximum heart rate. Steady State: You should be able to run at this pace for 25 to 75 minutes, a steady-state run should maintain a relatively consistent heart rate between 83 and 87 percent of your maximum heart rate.
- 7 Drills:** As Bs Cs
- 8 Benchmark** Simulate all aspects of race including pace, intensity, clothes & evolving strategy
- 9 Activity** Activity to be completed
- 10 Rest** Core believe of CGF
- 11 Time Trials** Push hard to see what your body is capable of doing - short runs
- 12 Focus/Phases** Early fitness, recovery, build endurance, long run transition, taper
- 13 OFF** Rest. Limit activity to ensure body has adequate opportunity to recover and reduce potential for injury.
- 14 Social** Social gathering of CGF members post work out. Location TBD

CANADA GET FIT TRAINING SCHEDULE

2013 Season

WEEK STARTING JUNE 8, 2013

WEEK 9

FOCUS Build Endurance

	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	8-Jun	9-Jun	10-Jun	11-Jun	12-Jun	13-Jun	14-Jun
MARATHON ADVANCED	12 km Time Trial	50-60 min Cardio	15 min WU (3 min fast/2 min recovery) x4 15 min CD	Strength or Core	20 min WU 3 x 75 sec hill repeats 20 min CD	Strength or Core	OFF
MARATHON STANDARD	12 km Time Trial	OFF	30	35	OFF	30	OFF

WEEK 9

FOCUS Build Endurance

	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	8-Jun	9-Jun	10-Jun	11-Jun	12-Jun	13-Jun	14-Jun
HALF ADVANCED	11 km	50-60 min Cardio	15 min WU (3 min fast/2 min recovery) x4 15 min CD	Strength or Core	20 min WU 3 x 75 sec hill repeats 20 min CD	Strength or Core	OFF
HALF STANDARD	11 km	OFF	30	35	OFF	30	OFF

Coaching Notes

- 1 Intensity** Saturday: Long slow distance runs. To be completed at low to moderate intensity 1-3 minutes below anticipated race pace
Sunday: Generally low to medium
Monday: Medium to high: focus on running speed, efficiency & form
Wednesday: Medium to high: focus on hill running efficiency & form
- 2 Strength** Appropriate exercises include: strength training, core workout, yoga, crossfit for runners, pilates and yoga
- 2 Core** See the Canada Get Fit on line resouces for sample core exercise (bridge, side bridge, V-sit, Bicycle crunch, Bridge, Single Leg Bridge)
- 4 Cardio** Appropriate alternative cross training exercises include: Non-impact aerobic exercises such as swimming, cycling, spinning
- 5 Hill Training** 1/week per weekly instructions.
- 6 Speed Training** Tempo Run is 20 minutes of steady running at threshold pace. The pace at which the body can just clear out lactate buildup or 90% of your maximum heart rate. Steady State: You should be able to run at this pace for 25 to 75 minutes, a steady-state run should maintain a relatively consistent heart rate between 83 and 87 percent of your maximum heart rate.
- 7 Drills:** As Bs Cs
- 8 Benchmark** Simulate all aspects of race including pace, intensity, clothes & evolving strategy
- 9 Activity** Activity to be completed
- 10 Rest** Core believe of CGF
- 11 Time Trials** Push hard to see what your body is capable of doing - short runs
- 12 Focus/Phases** Early fitness, recovery, build endurance, long run transition, taper
- 13 OFF** Rest. Limit activity to ensure body has adequate opportunity to recover and reduce potential for injury.
- 14 Social** Social gathering of CGF members post work out. Location TBD

CANADA GET FIT TRAINING SCHEDULE

2013 Season

WEEK STARTING JUNE 15, 2013

WEEK 10

FOCUS Build Endurance

	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	15-Jun	16-Jun	17-Jun	18-Jun	19-Jun	20-Jun	21-Jun
MARATHON ADVANCED	15 km Yoga	50-60 min Cardio	15 min WU (3 min fast/2 min recovery) x4 15 min CD	Strength or Core	20 min WU 4 x 75 sec hill repeats 20 min CD	Strength or Core	OFF
MARATHON STANDARD	15 km Yoga	OFF	35	40	OFF	35	OFF

WEEK 10

FOCUS Build Endurance

	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	15-Jun	16-Jun	17-Jun	18-Jun	19-Jun	20-Jun	21-Jun
HALF ADVANCED	13 km Yoga	50-60 min Cardio	15 min WU (3 min fast/2 min recovery) x4 15 min CD	Strength or Core	20 min WU 4 x 75 sec hill repeats 20 min CD	Strength or Core	OFF
HALF STANDARD	13 km Yoga	OFF	30	35	OFF	30	OFF

Coaching Notes

- 1 Intensity** Saturday: Long slow distance runs. To be completed at low to moderate intensity 1-3 minutes below anticipated race pace
Sunday: Generally low to medium
Monday: Medium to high: focus on running speed, efficiency & form
Wednesday: Medium to high: focus on hill running efficiency & form
- 2 Strength** Appropriate exercises include: strength training, core workout, yoga, crossfit for runners, pilates and yoga
- 2 Core** See the Canada Get Fit on line resouces for sample core exercise (bridge, side bridge, V-sit, Bicycle crunch, Bridge, Single Leg Bridge)
- 4 Cardio** Appropriate alternative cross training exercises include: Non-impact aerobic exercises such as swimming, cycling, spinning
- 5 Hill Training** 1/week per weekly instructions.
- 6 Speed Training** Tempo Run is 20 minutes of steady running at threshold pace. The pace at which the body can just clear out lactate buildup or 90% of your maximum heart rate. Steady State: You should be able to run at this pace for 25 to 75 minutes, a steady-state run should maintain a relatively consistent heart rate between 83 and 87 percent of your maximum heart rate.
- 7 Drills:** As Bs Cs
- 8 Benchmark** Simulate all aspects of race including pace, intensity, clothes & evolving strategy
- 9 Activity** Activity to be completed
- 10 Rest** Core believe of CGF
- 11 Time Trials** Push hard to see what your body is capable of doing - short runs
- 12 Focus/Phases** Early fitness, recovery, build endurance, long run transition, taper
- 13 OFF** Rest. Limit activity to ensure body has adequate opportunity to recover and reduce potential for injury.
- 14 Social** Social gathering of CGF members post work out. Location TBD

CANADA GET FIT TRAINING SCHEDULE

2013 Season

WEEK STARTING JUNE 22, 2013

WEEK 11

FOCUS Build Endurance

	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	22-Jun	23-Jun	24-Jun	25-Jun	26-Jun	27-Jun	28-Jun
MARATHON ADVANCED	17 km	50-60 min Cardio	15 min WU (3 min fast/2 min recovery) x5 10 min CD	Strength or Core	20 min WU 4 x 75 sec hill repeats 20 min CD	Strength or Core	OFF
MARATHON STANDARD	17 km	OFF	35	45	OFF	35	OFF

WEEK 11

FOCUS Build Endurance

	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	22-Jun	23-Jun	24-Jun	25-Jun	26-Jun	27-Jun	28-Jun
HALF ADVANCED	9 km Time Trial	50-60 min Cardio	15 min WU (3 min fast/2 min recovery) x5 10 min CD	Strength or Core	20 min WU 4 x 75 sec hill repeats 20 min CD	Strength or Core	OFF
HALF STANDARD	9 km Time Trial	OFF	25	35	OFF	25	OFF

Coaching Notes

- 1 Intensity** Saturday: Long slow distance runs. To be completed at low to moderate intensity 1-3 minutes below anticipated race pace
Sunday: Generally low to medium
Monday: Medium to high: focus on running speed, efficiency & form
Wednesday: Medium to high: focus on hill running efficiency & form
- 2 Strength** Appropriate exercises include: strength training, core workout, yoga, crossfit for runners, pilates and yoga
- 2 Core** See the Canada Get Fit on line resouces for sample core exercise (bridge, side bridge, V-sit, Bicycle crunch, Bridge, Single Leg Bridge)
- 4 Cardio** Appropriate alternative cross training exercises include: Non-impact aerobic exercises such as swimming, cycling, spinning
- 5 Hill Training** 1/week per weekly instructions.
- 6 Speed Training** Tempo Run is 20 minutes of steady running at threshold pace. The pace at which the body can just clear out lactate buildup or 90% of your maximum heart rate. Steady State: You should be able to run at this pace for 25 to 75 minutes, a steady-state run should maintain a relatively consistent heart rate between 83 and 87 percent of your maximum heart rate.
- 7 Drills:** As Bs Cs
- 8 Benchmark** Simulate all aspects of race including pace, intensity, clothes & evolving strategy
- 9 Activity** Activity to be completed
- 10 Rest** Core believe of CGF
- 11 Time Trials** Push hard to see what your body is capable of doing - short runs
- 12 Focus/Phases** Early fitness, recovery, build endurance, long run transition, taper
- 13 OFF** Rest. Limit activity to ensure body has adequate opportunity to recover and reduce potential for injury.
- 14 Social** Social gathering of CGF members post work out. Location TBD

CANADA GET FIT TRAINING SCHEDULE

2013 Season

WEEK STARTING JUNE 29, 2013

WEEK 12

FOCUS Build Endurance

	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	29-Jun	30-Jun	1-Jul	2-Jul	3-Jul	4-Jul	5-Jul
MARATHON ADVANCED	18 km	50-60 min Cardio	15 min WU (3 min fast/2 min recovery) x5 10 min CD	Strength or Core	20 min WU 4 x 75 sec hill repeats 20 min CD	Strength or Core	OFF
MARATHON STANDARD	18 km	OFF	35	45	OFF	35	OFF

WEEK 12

FOCUS Build Endurance

HALF ADVANCED	12 km	50-60 min Cardio	15 min WU (3 min fast/2 min recovery) x5 10 min CD	Strength or Core	20 min WU 4 x 75 sec hill repeats 20 min CD	Strength or Core	OFF
HALF STANDARD	12 km	OFF	30	40	OFF	30	OFF

Coaching Notes

- 1 Intensity** Saturday: Long slow distance runs. To be completed at low to moderate intensity 1-3 minutes below anticipated race pace
Sunday: Generally low to medium
Monday: Medium to high: focus on running speed, efficiency & form
Wednesday: Medium to high: focus on hill running efficiency & form
- 2 Strength** Appropriate exercises include: strength training, core workout, yoga, crossfit for runners, pilates and yoga
- 2 Core** See the Canada Get Fit on line resouces for sample core exercise (bridge, side bridge, V-sit, Bicycle crunch, Bridge, Single Leg Bridge)
- 4 Cardio** Appropriate alternative cross training exercises include: Non-impact aerobic exercises such as swimming, cycling, spinning
- 5 Hill Training** 1/week per weekly instructions.
- 6 Speed Training** Tempo Run is 20 minutes of steady running at threshold pace. The pace at which the body can just clear out lactate buildup or 90% of your maximum heart rate. Steady State: You should be able to run at this pace for 25 to 75 minutes, a steady-state run should maintain a relatively consistent heart rate between 83 and 87 percent of your maximum heart rate.
- 7 Drills:** As Bs Cs
- 8 Benchmark** Simulate all aspects of race including pace, intensity, clothes & evolving strategy
- 9 Activity** Activity to be completed
- 10 Rest** Core believe of CGF
- 11 Time Trials** Push hard to see what your body is capable of doing - short runs
- 12 Focus/Phases** Early fitness, recovery, build endurance, long run transition, taper
- 13 OFF** Rest. Limit activity to ensure body has adequate opportunity to recover and reduce potential for injury.
- 14 Social** Social gathering of CGF members post work out. Location TBD

CANADA GET FIT TRAINING SCHEDULE

2013 Season

WEEK STARTING JULY 6, 2013

WEEK 13

FOCUS Build Endurance

	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	6-Jul	7-Jul	8-Jul	9-Jul	10-Jul	11-Jul	12-Jul
MARATHON ADVANCED	19 km	50-60 min Cardio	15 min WU 25 min Tempo 10 min CD	Strength or Core	20 min WU 4 x 75 sec hill repeats 20 min CD	Strength or Core	OFF
MARATHON STANDARD	19 km	OFF	40	45	OFF	35	OFF

WEEK 13

FOCUS Build Endurance

HALF ADVANCED	14 km	50-60 min Cardio	15 min WU 25 min Tempo 10 min CD	Strength or Core	20 min WU 4 x 75 sec hill repeats 20 min CD	Strength or Core	OFF
HALF STANDARD	14 km	OFF	35	40	OFF	30	OFF

Coaching Notes

- 1 Intensity** Saturday: Long slow distance runs. To be completed at low to moderate intensity 1-3 minutes below anticipated race pace
Sunday: Generally low to medium
Monday: Medium to high: focus on running speed, efficiency & form
Wednesday: Medium to high: focus on hill running efficiency & form
- 2 Strength** Appropriate exercises include: strength training, core workout, yoga, crossfit for runners, pilates and yoga
- 2 Core** See the Canada Get Fit on line resources for sample core exercise (bridge, side bridge, V-sit, Bicycle crunch, Bridge, Single Leg Bridge)
- 4 Cardio** Appropriate alternative cross training exercises include: Non-impact aerobic exercises such as swimming, cycling, spinning
- 5 Hill Training** 1/week per weekly instructions.
- 6 Speed Training** Tempo Run is 20 minutes of steady running at threshold pace. The pace at which the body can just clear out lactate buildup or 90% of your maximum heart rate. Steady State: You should be able to run at this pace for 25 to 75 minutes, a steady-state run should maintain a relatively consistent heart rate between 83 and 87 percent of your maximum heart rate.
- 7 Drills:** As Bs Cs
- 8 Benchmark** Simulate all aspects of race including pace, intensity, clothes & evolving strategy
- 9 Activity** Activity to be completed
- 10 Rest** Core believe of CGF
- 11 Time Trials** Push hard to see what your body is capable of doing - short runs
- 12 Focus/Phases** Early fitness, recovery, build endurance, long run transition, taper
- 13 OFF** Rest. Limit activity to ensure body has adequate opportunity to recover and reduce potential for injury.
- 14 Social** Social gathering of CGF members post work out. Location TBD

CANADA GET FIT TRAINING SCHEDULE

2013 Season

WEEK STARTING JULY 13, 2013

WEEK 14

FOCUS Build Endurance

	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	13-Jul	14-Jul	15-Jul	16-Jul	17-Jul	18-Jul	19-Jul
MARATHON ADVANCED	12 km Time Trial	50-60 min Cardio	15 min WU (3 min fast/2 min recovery) x5 10 min CD	Strength or Core	50 min Easy Run on hills	Strength or Core	OFF
MARATHON STANDARD	12 km Time Trial	OFF	35	40	OFF	30	OFF

WEEK 14

FOCUS Benchmark

HALF ADVANCED	16 km Benchmark	50-60 min Cardio	15 min WU (3 min fast/2 min recovery) x5 10 min CD	Strength or Core	50 min Easy Run on hills	Strength or Core	OFF
HALF STANDARD	16 km Benchmark	OFF	35	40	OFF	30	OFF

Coaching Notes

- 1 Intensity** Saturday: Long slow distance runs. To be completed at low to moderate intensity 1-3 minutes below anticipated race pace
Sunday: Generally low to medium
Monday: Medium to high: focus on running speed, efficiency & form
Wednesday: Medium to high: focus on hill running efficiency & form
- 2 Strength** Appropriate exercises include: strength training, core workout, yoga, crossfit for runners, pilates and yoga
- 2 Core** See the Canada Get Fit on line resouces for sample core exercise (bridge, side bridge, V-sit, Bicycle crunch, Bridge, Single Leg Bridge)
- 4 Cardio** Appropriate alternative cross training exercises include: Non-impact aerobic exercises such as swimming, cycling, spinning
- 5 Hill Training** 1/week per weekly instructions.
- 6 Speed Training** Tempo Run is 20 minutes of steady running at threshold pace. The pace at which the body can just clear out lactate buildup or 90% of your maximum heart rate. Steady State: You should be able to run at this pace for 25 to 75 minutes, a steady-state run should maintain a relatively consistent heart rate between 83 and 87 percent of your maximum heart rate.
- 7 Drills:** As Bs Cs
- 8 Benchmark** Simulate all aspects of race including pace, intensity, clothes & evolving strategy
- 9 Activity** Activity to be completed
- 10 Rest** Core believe of CGF
- 11 Time Trials** Push hard to see what your body is capable of doing - short runs
- 12 Focus/Phases** Early fitness, recovery, build endurance, long run transition, taper
- 13 OFF** Rest. Limit activity to ensure body has adequate opportunity to recover and reduce potential for injury.
- 14 Social** Social gathering of CGF members post work out. Location TBD

CANADA GET FIT TRAINING SCHEDULE

2013 Season

WEEK STARTING JULY 20, 2013

WEEK 15

FOCUS Build Endurance

	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	20-Jul	21-Jul	22-Jul	23-Jul	24-Jul	25-Jul	26-Jul
MARATHON ADVANCED	15 km	50-60 min Cardio	10 min WU 35 min Tempo 10 min CD	Strength or Core	20 min WU 4-6 x 75 sec hill repeats 15 min CD	Strength or Core	OFF
MARATHON STANDARD	15 km	OFF	40	45	OFF	40	OFF

WEEK 15

FOCUS Recovery

HALF ADVANCED	13 km	50-60 min Cardio	10 min WU 35 min Tempo 10 min CD	Strength or Core	20 min WU 4-6 x 75 sec hill repeats 15 min CD	Strength or Core	OFF
HALF STANDARD	13 km	OFF	30	35	OFF	30	OFF

Coaching Notes

- 1 Intensity** Saturday: Long slow distance runs. To be completed at low to moderate intensity 1-3 minutes below anticipated race pace
Sunday: Generally low to medium
Monday: Medium to high: focus on running speed, efficiency & form
Wednesday: Medium to high: focus on hill running efficiency & form
- 2 Strength** Appropriate exercises include: strength training, core workout, yoga, crossfit for runners, pilates and yoga
- 2 Core** See the Canada Get Fit on line resources for sample core exercise (bridge, side bridge, V-sit, Bicycle crunch, Bridge, Single Leg Bridge)
- 4 Cardio** Appropriate alternative cross training exercises include: Non-impact aerobic exercises such as swimming, cycling, spinning
- 5 Hill Training** 1/week per weekly instructions.
- 6 Speed Training** Tempo Run is 20 minutes of steady running at threshold pace. The pace at which the body can just clear out lactate buildup or 90% of your maximum heart rate. Steady State: You should be able to run at this pace for 25 to 75 minutes, a steady-state run should maintain a relatively consistent heart rate between 83 and 87 percent of your maximum heart rate.
- 7 Drills:** As Bs Cs
- 8 Benchmark** Simulate all aspects of race including pace, intensity, clothes & evolving strategy
- 9 Activity** Activity to be completed
- 10 Rest** Core believe of CGF
- 11 Time Trials** Push hard to see what your body is capable of doing - short runs
- 12 Focus/Phases** Early fitness, recovery, build endurance, long run transition, taper
- 13 OFF** Rest. Limit activity to ensure body has adequate opportunity to recover and reduce potential for injury.
- 14 Social** Social gathering of CGF members post work out. Location TBD

CANADA GET FIT TRAINING SCHEDULE

2013 Season

WEEK STARTING JULY 27, 2013

WEEK 16

FOCUS Long Run Transition/Endurance

	SATURDAY 27-Jul	SUNDAY 28-Jul	MONDAY 29-Jul	TUESDAY 30-Jul	WEDNESDAY 31-Jul	THURSDAY 1-Aug	FRIDAY 2-Aug
MARATHON ADVANCED	18 km	50-60 min Cardio	10 min WU (3 min fast/2 min recovery) x7 10 min CD	Strength or Core	20 min WU 4-6 x 75 sec hill repeats 15 min CD	Strength or Core	OFF
MARATHON STANDARD	18 km	OFF	40	45	OFF	40	OFF

WEEK 16

FOCUS Long Run Transition/Endurance

	SATURDAY 27-Jul	SUNDAY 28-Jul	MONDAY 29-Jul	TUESDAY 30-Jul	WEDNESDAY 31-Jul	THURSDAY 1-Aug	FRIDAY 2-Aug
HALF ADVANCED	16 km	50-60 min Cardio	10 min WU (3 min fast/2 min recovery) x7 10 min CD	Strength or Core	20 min WU 4-6 x 75 sec hill repeats 15 min CD	Strength or Core	OFF
HALF STANDARD	16 km	OFF	35	40	OFF	35	OFF

Coaching Notes

1 Intensity

Saturday: Long slow distance runs. To be completed at low to moderate intensity 1-3 minutes below anticipated race pace

Sunday: Generally low to medium

Monday: Medium to high: focus on running speed, efficiency & form

Wednesday: Medium to high: focus on hill running efficiency & form

2 Strength

Appropriate exercises include: strength training, core workout, yoga, crossfit for runners, pilates and yoga

2 Core

See the Canada Get Fit on line resouces for sample core exercise (bridge, side bridge, V-sit, Bicycle crunch, Bridge, Single Leg Bridge)

4 Cardio

Appropriate alternative cross training exercises include: Non-impact aerobic exercises such as swimming, cycling, spinning

5 Hill Training

1/week per weekly instructions.

6 Speed Training

Tempo Run is 20 minutes of steady running at threshold pace. The pace at which the body can just clear out lactate buildup or 90% of your maximum heart rate. Steady State: You should be able to run at this pace for 25 to 75 minutes, a steady-state run should maintain a relatively consistent heart rate between 83 and 87 percent of your maximum heart rate.

7 Drills:

As Bs Cs

8 Benchmark

Simulate all aspects of race including pace, intensity, clothes & evolving strategy

9 Activity

Activity to be completed

10 Rest

Core believe of CGF

11 Time Trials

Push hard to see what your body is capable of doing - short runs

12 Focus/Phases

Early fitness, recovery, build endurance, long run transition, taper

13 OFF

Rest. Limit activity to ensure body has adequate opportunity to recover and reduce potential for injury.

14 Social

Social gathering of CGF members post work out. Location TBD

CANADA GET FIT TRAINING SCHEDULE

2013 Season

WEEK STARTING AUGUST 3, 2013

WEEK 17

FOCUS Long Run Transition/Endurance

	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	3-Aug	4-Aug	5-Aug	6-Aug	7-Aug	8-Aug	9-Aug
MARATHON ADVANCED	21 km	50-60 min Cardio	10 min WU 35 min Tempo 10 min CD	Strength or Core	20 min WU 4-6 x 75 sec hill repeats 15 min CD	Strength or Core	OFF
MARATHON STANDARD	21 km	OFF	40	50	OFF	40	OFF

WEEK 17

FOCUS Long Run Transition/Endurance

HALF ADVANCED	18 km	50-60 min Cardio	10 min WU 35 min Tempo 10 min CD	Strength or Core	20 min WU 4-6 x 75 sec hill repeats 15 min CD	Strength or Core	OFF
HALF STANDARD	18 km	OFF	35	45	OFF	35	OFF

Coaching Notes

- 1 Intensity** Saturday: Long slow distance runs. To be completed at low to moderate intensity 1-3 minutes below anticipated race pace
Sunday: Generally low to medium
Monday: Medium to high: focus on running speed, efficiency & form
Wednesday: Medium to high: focus on hill running efficiency & form
- 2 Strength** Appropriate exercises include: strength training, core workout, yoga, crossfit for runners, pilates and yoga
- 2 Core** See the Canada Get Fit on line resouces for sample core exercise (bridge, side bridge, V-sit, Bicycle crunch, Bridge, Single Leg Bridge)
- 4 Cardio** Appropriate alternative cross training exercises include: Non-impact aerobic exercises such as swimming, cycling, spinning
- 5 Hill Training** 1/week per weekly instructions.
- 6 Speed Training** Tempo Run is 20 minutes of steady running at threshold pace. The pace at which the body can just clear out lactate buildup or 90% of your maximum heart rate. Steady State: You should be able to run at this pace for 25 to 75 minutes, a steady-state run should maintain a relatively consistent heart rate between 83 and 87 percent of your maximum heart rate.
- 7 Drills:** As Bs Cs
- 8 Benchmark** Simulate all aspects of race including pace, intensity, clothes & evolving strategy
- 9 Activity** Activity to be completed
- 10 Rest** Core believe of CGF
- 11 Time Trials** Push hard to see what your body is capable of doing - short runs
- 12 Focus/Phases** Early fitness, recovery, build endurance, long run transition, taper
- 13 OFF** Rest. Limit activity to ensure body has adequate opportunity to recover and reduce potential for injury.
- 14 Social** Social gathering of CGF members post work out. Location TBD

CANADA GET FIT TRAINING SCHEDULE

2013 Season

WEEK STARTING AUGUST 10, 2013

WEEK 18

FOCUS Benchmark

	SATURDAY 10-Aug	SUNDAY 11-Aug	MONDAY 12-Aug	TUESDAY 13-Aug	WEDNESDAY 14-Aug	THURSDAY 15-Aug	FRIDAY 16-Aug
MARATHON ADVANCED	25 km Benchmark	50-60 min Cardio	10 min WU (400 400 800) x 2 10 min CD	Strength or Core	50 min Easy Run on hills	Strength or Core	OFF
MARATHON STANDARD	25 km Benchmark	OFF	30	40	OFF	30	OFF

WEEK 18

FOCUS Benchmark

	SATURDAY 10-Aug	SUNDAY 11-Aug	MONDAY 12-Aug	TUESDAY 13-Aug	WEDNESDAY 14-Aug	THURSDAY 15-Aug	FRIDAY 16-Aug
HALF ADVANCED	21 km Benchmark	50-60 min Cardio	10 min WU (400 400 800) x 2 10 min CD	Strength or Core	50 min Easy Run on hills	Strength or Core	OFF
HALF STANDARD	21 km Benchmark	OFF	35	45	OFF	35	OFF

Coaching Notes

- 1 Intensity** Saturday: Long slow distance runs. To be completed at low to moderate intensity 1-3 minutes below anticipated race pace
Sunday: Generally low to medium
Monday: Medium to high: focus on running speed, efficiency & form
Wednesday: Medium to high: focus on hill running efficiency & form
- 2 Strength** Appropriate exercises include: strength training, core workout, yoga, crossfit for runners, pilates and yoga
- 2 Core** See the Canada Get Fit on line resouces for sample core exercise (bridge, side bridge, V-sit, Bicycle crunch, Bridge, Single Leg Bridge)
- 4 Cardio** Appropriate alternative cross training exercises include: Non-impact aerobic exercises such as swimming, cycling, spinning
- 5 Hill Training** 1/week per weekly instructions.
- 6 Speed Training** Tempo Run is 20 minutes of steady running at threshold pace. The pace at which the body can just clear out lactate buildup or 90% of your maximum heart rate. Steady State: You should be able to run at this pace for 25 to 75 minutes, a steady-state run should maintain a relatively consistent heart rate between 83 and 87 percent of your maximum heart rate.
- 7 Drills:** As Bs Cs
- 8 Benchmark** Simulate all aspects of race including pace, intensity, clothes & evolving strategy
- 9 Activity** Activity to be completed
- 10 Rest** Core believe of CGF
- 11 Time Trials** Push hard to see what your body is capable of doing - short runs
- 12 Focus/Phases** Early fitness, recovery, build endurance, long run transition, taper
- 13 OFF** Rest. Limit activity to ensure body has adequate opportunity to recover and reduce potential for injury.
- 14 Social** Social gathering of CGF members post work out. Location TBD

CANADA GET FIT TRAINING SCHEDULE

2013 Season

WEEK STARTING AUGUST 17, 2013

WEEK 19

FOCUS Recovery

	SATURDAY 17-Aug	SUNDAY 18-Aug	MONDAY 19-Aug	TUESDAY 20-Aug	WEDNESDAY 21-Aug	THURSDAY 22-Aug	FRIDAY 23-Aug
MARATHON ADVANCED	19 km	50-60 min Cardio	10 min WU (400 400 800) x 2 10 min CD	Strength or Core	15 min WU 6-8 x 75 sec hill repeats 15 min CD	Strength or Core	OFF
MARATHON STANDARD	19 km	OFF	45	50	OFF	40	OFF

WEEK 19

FOCUS Taper

	SATURDAY 17-Aug	SUNDAY 18-Aug	MONDAY 19-Aug	TUESDAY 20-Aug	WEDNESDAY 21-Aug	THURSDAY 22-Aug	FRIDAY 23-Aug
HALF ADVANCED	15 km	50-60 min Cardio	10 min WU (400 400 800) x 3 10 min CD	Strength or Core	15 min WU 6-8 x 75 sec hill repeats 15 min CD	Strength or Core	OFF
HALF STANDARD	15 km	OFF	30	35	OFF	25	OFF

Coaching Notes

- 1 Intensity** Saturday: Long slow distance runs. To be completed at low to moderate intensity 1-3 minutes below anticipated race pace
Sunday: Generally low to medium
Monday: Medium to high: focus on running speed, efficiency & form
Wednesday: Medium to high: focus on hill running efficiency & form
- 2 Strength** Appropriate exercises include: strength training, core workout, yoga, crossfit for runners, pilates and yoga
- 2 Core** See the Canada Get Fit on line resources for sample core exercise (bridge, side bridge, V-sit, Bicycle crunch, Bridge, Single Leg Bridge)
- 4 Cardio** Appropriate alternative cross training exercises include: Non-impact aerobic exercises such as swimming, cycling, spinning
- 5 Hill Training** 1/week per weekly instructions.
- 6 Speed Training** Tempo Run is 20 minutes of steady running at threshold pace. The pace at which the body can just clear out lactate buildup or 90% of your maximum heart rate. Steady State: You should be able to run at this pace for 25 to 75 minutes, a steady-state run should maintain a relatively consistent heart rate between 83 and 87 percent of your maximum heart rate.
- 7 Drills:** As Bs Cs
- 8 Benchmark** Simulate all aspects of race including pace, intensity, clothes & evolving strategy
- 9 Activity** Activity to be completed
- 10 Rest** Core believe of CGF
- 11 Time Trials** Push hard to see what your body is capable of doing - short runs
- 12 Focus/Phases** Early fitness, recovery, build endurance, long run transition, taper
- 13 OFF** Rest. Limit activity to ensure body has adequate opportunity to recover and reduce potential for injury.
- 14 Social** Social gathering of CGF members post work out. Location TBD

CANADA GET FIT TRAINING SCHEDULE

2013 Season

WEEK STARTING AUGUST 24, 2013

WEEK 20

FOCUS Long Run Transition/Endurance

	SATURDAY 24-Aug	SUNDAY 25-Aug	MONDAY 26-Aug	TUESDAY 27-Aug	WEDNESDAY 28-Aug	THURSDAY 29-Aug	FRIDAY 30-Aug
MARATHON ADVANCED	24 km Yoga	50-60 min Cardio	10 min WU (400 400 800) x 3 10 min CD	Strength or Core	15 min WU 6-8 x 75 sec hill repeats 15 min CD	Strength or Core	OFF
MARATHON STANDARD	24 km Yoga	OFF	45	50	OFF	40	OFF

WEEK 20

FOCUS Taper

HALF ADVANCED	10 km Yoga	50-60 min Cardio	30 min Easy Run	Strength or Core	15 min WU 6-8 x 75 sec hill repeats 15 min CD	25 min Easy Run,	OFF
HALF STANDARD	10 km Yoga	OFF	25	30	OFF	20	OFF

Coaching Notes

- 1 Intensity** Saturday: Long slow distance runs. To be completed at low to moderate intensity 1-3 minutes below anticipated race pace
Sunday: Generally low to medium
Monday: Medium to high: focus on running speed, efficiency & form
Wednesday: Medium to high: focus on hill running efficiency & form
- 2 Strength** Appropriate exercises include: strength training, core workout, yoga, crossfit for runners, pilates and yoga
- 2 Core** See the Canada Get Fit on line resouces for sample core exercise (bridge, side bridge, V-sit, Bicycle crunch, Bridge, Single Leg Bridge)
- 4 Cardio** Appropriate alternative cross training exercises include: Non-impact aerobic exercises such as swimming, cycling, spinning
- 5 Hill Training** 1/week per weekly instructions.
- 6 Speed Training** Tempo Run is 20 minutes of steady running at threshold pace. The pace at which the body can just clear out lactate buildup or 90% of your maximum heart rate. Steady State: You should be able to run at this pace for 25 to 75 minutes, a steady-state run should maintain a relatively consistent heart rate between 83 and 87 percent of your maximum heart rate.
- 7 Drills:** As Bs Cs
- 8 Benchmark** Simulate all aspects of race including pace, intensity, clothes & evolving strategy
- 9 Activity** Activity to be completed
- 10 Rest** Core believe of CGF
- 11 Time Trials** Push hard to see what your body is capable of doing - short runs
- 12 Focus/Phases** Early fitness, recovery, build endurance, long run transition, taper
- 13 OFF** Rest. Limit activity to ensure body has adequate opportunity to recover and reduce potential for injury.
- 14 Social** Social gathering of CGF members post work out. Location TBD

CANADA GET FIT TRAINING SCHEDULE

2013 Season

WEEK STARTING AUGUST 31, 2013

WEEK 21

FOCUS Benchmark

	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	31-Aug	1-Sep	2-Sep	3-Sep	4-Sep	5-Sep	6-Sep
MARATHON ADVANCED	30 km Benchmark	50-60 min Cardio	10 min WU (400 400 800) x 3 10 min CD	Strength or Core	15 min WU 6-8 x 75 sec hill repeats 15 min CD	Strength or Core	OFF
MARATHON STANDARD	30 km Benchmark	OFF	35	40	OFF	35	OFF

POST RACE WEEK

FOCUS Race and Recovery

HALF ADVANCED	10-15 min Jog	RACE RACE RACE	OFF	30 min Easy Run	OFF	40 min Easy Run + Stretch	OFF
HALF STANDARD	10-15 min Jog	RACE RACE RACE	OFF	30 min Easy Run	OFF	40 min Easy Run + Stretch	OFF

Coaching Notes

- 1 Intensity** Saturday: Long slow distance runs. To be completed at low to moderate intensity 1-3 minutes below anticipated race pace
Sunday: Generally low to medium
Monday: Medium to high: focus on running speed, efficiency & form
Wednesday: Medium to high: focus on hill running efficiency & form
- 2 Strength** Appropriate exercises include: strength training, core workout, yoga, crossfit for runners, pilates and yoga
- 2 Core** See the Canada Get Fit on line resources for sample core exercise (bridge, side bridge, V-sit, Bicycle crunch, Bridge, Single Leg Bridge)
- 4 Cardio** Appropriate alternative cross training exercises include: Non-impact aerobic exercises such as swimming, cycling, spinning
- 5 Hill Training** 1/week per weekly instructions.
- 6 Speed Training** Tempo Run is 20 minutes of steady running at threshold pace. The pace at which the body can just clear out lactate buildup or 90% of your maximum heart rate. Steady State: You should be able to run at this pace for 25 to 75 minutes, a steady-state run should maintain a relatively consistent heart rate between 83 and 87 percent of your maximum heart rate.
- 7 Drills:** As Bs Cs
- 8 Benchmark** Simulate all aspects of race including pace, intensity, clothes & evolving strategy
- 9 Activity** Activity to be completed
- 10 Rest** Core believe of CGF
- 11 Time Trials** Push hard to see what your body is capable of doing - short runs
- 12 Focus/Phases** Early fitness, recovery, build endurance, long run transition, taper
- 13 OFF** Rest. Limit activity to ensure body has adequate opportunity to recover and reduce potential for injury.
- 14 Social** Social gathering of CGF members post work out. Location TBD

CANADA GET FIT TRAINING SCHEDULE

2013 Season

WEEK STARTING SEPTEMBER 7, 2013

WEEK 22

FOCUS Recovery

	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	7-Sep	8-Sep	9-Sep	10-Sep	11-Sep	12-Sep	13-Sep
MARATHON ADVANCED	23 km	50-60 min Cardio	10 min WU (800 800 400) x 2 10 min CD	Strength or Core	60 min Easy Run on hills	Strength or Core	OFF
MARATHON STANDARD	23 km	OFF	45	50	OFF	45	OFF

FOCUS

HALF ADVANCED							
HALF STANDARD							

Coaching Notes

- 1 Intensity** Saturday: Long slow distance runs. To be completed at low to moderate intensity 1-3 minutes below anticipated race pace
Sunday: Generally low to medium
Monday: Medium to high: focus on running speed, efficiency & form
Wednesday: Medium to high: focus on hill running efficiency & form
- 2 Strength** Appropriate exercises include: strength training, core workout, yoga, crossfit for runners, pilates and yoga
- 2 Core** See the Canada Get Fit on line resouces for sample core exercise (bridge, side bridge, V-sit, Bicycle crunch, Bridge, Single Leg Bridge)
- 4 Cardio** Appropriate alternative cross training exercises include: Non-impact aerobic exercises such as swimming, cycling, spinning
- 5 Hill Training** 1/week per weekly instructions.
- 6 Speed Training** Tempo Run is 20 minutes of steady running at threshold pace. The pace at which the body can just clear out lactate buildup or 90% of your maximum heart rate. Steady State: You should be able to run at this pace for 25 to 75 minutes, a steady-state run should maintain a relatively consistent heart rate between 83 and 87 percent of your maximum heart rate.
- 7 Drills:** As Bs Cs
- 8 Benchmark** Simulate all aspects of race including pace, intensity, clothes & evolving strategy
- 9 Activity** Activity to be completed
- 10 Rest** Core believe of CGF
- 11 Time Trials** Push hard to see what your body is capable of doing - short runs
- 12 Focus/Phases** Early fitness, recovery, build endurance, long run transition, taper
- 13 OFF** Rest. Limit activity to ensure body has adequate opportunity to recover and reduce potential for injury.
- 14 Social** Social gathering of CGF members post work out. Location TBD

CANADA GET FIT TRAINING SCHEDULE

2013 Season

WEEK STARTING SEPTEMBER 14, 2013

WEEK 23

FOCUS Long Run Transition/Endurance

	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	14-Sep	15-Sep	16-Sep	17-Sep	18-Sep	19-Sep	20-Sep
MARATHON ADVANCED	29 km	50-60 min Cardio	10 min WU (400 600 800 1000/1000 800 600 400) 10 min CD	Strength or Core	50 min with 3-4 hill repeats	Strength or Core	OFF
MARATHON STANDARD	29 km	OFF	45	55	OFF	45	OFF

FOCUS

HALF ADVANCED							
HALF STANDARD							

Coaching Notes

- 1 Intensity** Saturday: Long slow distance runs. To be completed at low to moderate intensity 1-3 minutes below anticipated race pace
Sunday: Generally low to medium
Monday: Medium to high: focus on running speed, efficiency & form
Wednesday: Medium to high: focus on hill running efficiency & form
- 2 Strength** Appropriate exercises include: strength training, core workout, yoga, crossfit for runners, pilates and yoga
- 2 Core** See the Canada Get Fit on line resouces for sample core exercise (bridge, side bridge, V-sit, Bicycle crunch, Bridge, Single Leg Bridge)
- 4 Cardio** Appropriate alternative cross training exercises include: Non-impact aerobic exercises such as swimming, cycling, spinning
- 5 Hill Training** 1/week per weekly instructions.
- 6 Speed Training** Tempo Run is 20 minutes of steady running at threshold pace. The pace at which the body can just clear out lactate buildup or 90% of your maximum heart rate. Steady State: You should be able to run at this pace for 25 to 75 minutes, a steady-state run should maintain a relatively consistent heart rate between 83 and 87 percent of your maximum heart rate.
- 7 Drills:** As Bs Cs
- 8 Benchmark** Simulate all aspects of race including pace, intensity, clothes & evolving strategy
- 9 Activity** Activity to be completed
- 10 Rest** Core believe of CGF
- 11 Time Trials** Push hard to see what your body is capable of doing - short runs
- 12 Focus/Phases** Early fitness, recovery, build endurance, long run transition, taper
- 13 OFF** Rest. Limit activity to ensure body has adequate opportunity to recover and reduce potential for injury.
- 14 Social** Social gathering of CGF members post work out. Location TBD

CANADA GET FIT TRAINING SCHEDULE

2013 Season

WEEK STARTING SEPTEMBER 21, 2013

WEEK 24

FOCUS Benchmark

	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	21-Sep	22-Sep	23-Sep	24-Sep	25-Sep	26-Sep	27-Sep
MARATHON ADVANCED	35 km Benchmark	50-60 min Cardio	10 min WU 30 min Tempo 10 min CD	Strength or Core	50 min Easy Run	Strength or Core	OFF
MARATHON STANDARD	35 km Benchmark	OFF	35	45	OFF	35	OFF

FOCUS

HALF ADVANCED							
HALF STANDARD							

Coaching Notes

- 1 Intensity** Saturday: Long slow distance runs. To be completed at low to moderate intensity 1-3 minutes below anticipated race pace
Sunday: Generally low to medium
Monday: Medium to high: focus on running speed, efficiency & form
Wednesday: Medium to high: focus on hill running efficiency & form
- 2 Strength** Appropriate exercises include: strength training, core workout, yoga, crossfit for runners, pilates and yoga
- 2 Core** See the Canada Get Fit on line resouces for sample core exercise (bridge, side bridge, V-sit, Bicycle crunch, Bridge, Single Leg Bridge)
- 4 Cardio** Appropriate alternative cross training exercises include: Non-impact aerobic exercises such as swimming, cycling, spinning
- 5 Hill Training** 1/week per weekly instructions.
- 6 Speed Training** Tempo Run is 20 minutes of steady running at threshold pace. The pace at which the body can just clear out lactate buildup or 90% of your maximum heart rate. Steady State: You should be able to run at this pace for 25 to 75 minutes, a steady-state run should maintain a relatively consistent heart rate between 83 and 87 percent of your maximum heart rate.
- 7 Drills:** As Bs Cs
- 8 Benchmark** Simulate all aspects of race including pace, intensity, clothes & evolving strategy
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- 13 OFF** Rest. Limit activity to ensure body has adequate opportunity to recover and reduce potential for injury.
- 14 Social** Social gathering of CGF members post work out. Location TBD

CANADA GET FIT TRAINING SCHEDULE

2013 Season

WEEK STARTING SEPTEMBER 28, 2013

WEEK 25

FOCUS Taper

	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	28-Sep	29-Sep	30-Sep	1-Oct	2-Oct	3-Oct	4-Oct
MARATHON ADVANCED	17 km	50-60 min Cardio	10 min WU 25 min Tempo 10 min CD	Strength or Core	40 min Easy Run	Strength or Core	OFF
MARATHON STANDARD	17 km	OFF	30	40	OFF	30	OFF

FOCUS

HALF ADVANCED							
HALF STANDARD							

Coaching Notes

- 1 Intensity** Saturday: Long slow distance runs. To be completed at low to moderate intensity 1-3 minutes below anticipated race pace
Sunday: Generally low to medium
Monday: Medium to high: focus on running speed, efficiency & form
Wednesday: Medium to high: focus on hill running efficiency & form
- 2 Strength** Appropriate exercises include: strength training, core workout, yoga, crossfit for runners, pilates and yoga
- 2 Core** See the Canada Get Fit on line resouces for sample core exercise (bridge, side bridge, V-sit, Bicycle crunch, Bridge, Single Leg Bridge)
- 4 Cardio** Appropriate alternative cross training exercises include: Non-impact aerobic exercises such as swimming, cycling, spinning
- 5 Hill Training** 1/week per weekly instructions.
- 6 Speed Training** Tempo Run is 20 minutes of steady running at threshold pace. The pace at which the body can just clear out lactate buildup or 90% of your maximum heart rate. Steady State: You should be able to run at this pace for 25 to 75 minutes, a steady-state run should maintain a relatively consistent heart rate between 83 and 87 percent of your maximum heart rate.
- 7 Drills:** As Bs Cs
- 8 Benchmark** Simulate all aspects of race including pace, intensity, clothes & evolving strategy
- 9 Activity** Activity to be completed
- 10 Rest** Core believe of CGF
- 11 Time Trials** Push hard to see what your body is capable of doing - short runs
- 12 Focus/Phases** Early fitness, recovery, build endurance, long run transition, taper
- 13 OFF** Rest. Limit activity to ensure body has adequate opportunity to recover and reduce potential for injury.
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CANADA GET FIT TRAINING SCHEDULE

2013 Season

WEEK STARTING OCTOBER 5, 2013

WEEK 26

FOCUS Taper

	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	5-Oct	6-Oct	7-Oct	8-Oct	9-Oct	10-Oct	11-Oct
MARATHON ADVANCED	8 km Marathon Pace +	50-60 min Cardio	10 min WU 20 min Tempo 10 min CD	Strength or Core	35 min Easy Run	Strength or Core	OFF
MARATHON STANDARD	8 km @ 1/2 Marathon Pace + Yoga	OFF	25	30	OFF	25	OFF

FOCUS

HALF ADVANCED							
HALF STANDARD							

Coaching Notes

- 1 Intensity** Saturday: Long slow distance runs. To be completed at low to moderate intensity 1-3 minutes below anticipated race pace
Sunday: Generally low to medium
Monday: Medium to high: focus on running speed, efficiency & form
Wednesday: Medium to high: focus on hill running efficiency & form
- 2 Strength** Appropriate exercises include: strength training, core workout, yoga, crossfit for runners, pilates and yoga
- 2 Core** See the Canada Get Fit on line resouces for sample core exercise (bridge, side bridge, V-sit, Bicycle crunch, Bridge, Single Leg Bridge)
- 4 Cardio** Appropriate alternative cross training exercises include: Non-impact aerobic exercises such as swimming, cycling, spinning
- 5 Hill Training** 1/week per weekly instructions.
- 6 Speed Training** Tempo Run is 20 minutes of steady running at threshold pace. The pace at which the body can just clear out lactate buildup or 90% of your maximum heart rate. Steady State: You should be able to run at this pace for 25 to 75 minutes, a steady-state run should maintain a relatively consistent heart rate between 83 and 87 percent of your maximum heart rate.
- 7 Drills:** As Bs Cs
- 8 Benchmark** Simulate all aspects of race including pace, intensity, clothes & evolving strategy
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CANADA GET FIT TRAINING SCHEDULE

2013 Season

WEEK STARTING OCTOBER 12, 2013

POST RACE WEEK

FOCUS Race and Recovery

	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	12-Oct	13-Oct	14-Oct	15-Oct	16-Oct	17-Oct	18-Oct
MARATHON ADVANCED	10-15 min Jog	RACE RACE RACE	OFF	30 min Easy Run Stretch	OFF	40 min Easy Run Stretch	OFF
MARATHON STANDARD	10-15 min Jog	RACE RACE RACE	OFF	30 min Easy Run Stretch	OFF	40 min Easy Run Stretch	OFF

FOCUS

HALF ADVANCED							
HALF STANDARD							

Coaching Notes

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- 7 Drills:** As Bs Cs
- 8 Benchmark** Simulate all aspects of race including pace, intensity, clothes & evolving strategy
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