



**Program Manual**

Welcome to Canada Get Fit – we're so glad you could join us! Enclosed you will find your program for the 2013 Season. We have put together both an advanced and standard program. Designed to address the needs of you as a runner. Highlights of the program include:

- Monday and Wednesday evening quality runs
  - 6:15 pm early start
  - 7:00 pm start
  - St. Ignatius High School
- Strength training option
- Yoga options
- Pub nights, draw prizes, challenges

### **Saturday Morning Meeting Location**

Most Saturday runs are scheduled to start at 7:30 am from Wellspring 2545 6<sup>th</sup> line. Long weekends and benchmark runs will be located in new locations. Locations will be announced on Saturday mornings and in weekly emails.

### **Saturday Morning Routes**

Our routes will be mapped using MapMyRun and a link sent to you via email by Thursday evening before the Saturday long run. If you have a smart phone, MapMyRun has an App that you can download. Once you receive the route link you can use your smart phone to view the route and track your location along the route all while you run on Saturday morning.

### **Monday and Wednesday Evening Runs**

These are coach-led runs starting at 6:15 pm and typically are 45 – 60 minutes long. Most weekday runs will start from St. Ignatius of Loyola High School 1550 Nottinghill Gate in Oakville; however, meeting locations may vary to introduce new routes and terrain. Check the online calendar at [canadagetfit.com/resources/calendar](http://canadagetfit.com/resources/calendar).

### **Monday and Wednesday Evening Cross Fit**

Canada Get Fit has secured two weekday private sessions at Primal Athletics for our members only at significant cost savings. Classes start at 7:15 pm, are 45 minutes in length and designed for runners. Space is limited.

Looking forward to a great season of running,

Shirley Speakman  
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Director, Canada Get Fit

## Glossary of Terms and Concepts

In our **Canada get Fit** training program there are a variety of workout specifications and terms that may require clarity. Below is a glossary of those terms. Once you have reviewed the program please let us know if you will need any further specifications.

### RUN DRILLS

After 10-20 min of easy jog warm up, all participants should take 5-8 minutes of run drills to improve body efficiency and ensure the body is full warmed up. Coaches can go over these drills with you.

1. A's (2-3 x 30m)
2. B's (2-3 x 30m)
3. C's (2-3 x 30m)
4. Cross overs (2 x 30m each direction)
5. Big Arm Swings (2-3 x 30m)
6. 2-3 x 30m up on toes and back on heels

### RUN INTERVALS

Intervals are short runs @ race pace (or slightly faster) with a small amount of recovery in between each interval. Intervals should only occur after the body has been warmed up properly (warm up jog + drills). To make the workout tougher, you increase the total stress load. This can be done by

1. Increasing the total number of intervals
2. Increasing the length of the intervals
3. Reducing the recovery between intervals
4. Any combination of 1-3.

Note: It is important that your goal is to cover the same distance on each interval (do not go so hard in the first 1-2 intervals that you cannot cover the same distance in your later intervals). The goal is consistency.

### HILL REPEATS

Hill repeats are a specific form of interval training. Once you are warmed up (10-15minutes + drills) you are then ready for hill repeats. Hills are the single best form of strength training you can utilize. Instead of finding the steepest hill you can find, look for a hill that takes 60-90 seconds to run up at a modest 3-5% grade (do not seek a hill that is too steep). At the beginning, novice people can power walk up and down the hill (to build strength). As fitness levels increase, jog up the hill easy and walk down. As the fitness level increases, runners should run up the hill faster and run down @ a modest pace (down hill running has a greater risk of causing injury).

### Cross Train

There are three types of Cross-Training Workouts.

- a) Endurance building cross training workouts are designed to simply increase total body fitness. Generally the longer you can go in these non-running cardio workouts (the better). Optimally cross-train workouts should be non-running to prevent overuse injuries. If an injury is beginning, these workouts will take the place of the actual run workout. Minimal time 30 minutes – maximal time 2hrs.
- b) Recovery cross-train workouts. These are lower intensity workouts that are designed to help you recover between run focused workouts. Minimal time 30 minutes maximal 75-90minutes.
- c) Run + extra cardio. In these workouts you first RUN the allotted distance, and then you add 15-60 minutes of modest intensity (non-running) cardio immediately after the run (to keep your metabolism going). Optimally this is mt / road biking but could be water running, or any other cardio sport.

### **Cross Train Options to choose from**

1. Rowing
2. Cycling / spinning / wind training
3. Elliptical Machine
4. Swimming or water running
5. Kayaking or paddling
6. Muscle classes (body pump)
7. Aerobic or yoga classes

### **Strength**

A well rounded strength program for endurance athletes should fit the following guidelines:

- Focus on injury prevention as the number one priority
- Balance muscles
- Intensity should be 15-20 repetitions per set with 1-2 sets
- Ideally 2-3 workouts per week (then tapering before big races).
- Never 2 days in a row and NEVER BEFORE RUNNING
- Ensuring you have a break-in-period at the beginning (3-4 workouts).

### **GENERIC STRENGTH PROGRAM**

Any athlete who has a specific injury and has been given exercises by their medical team should prioritize those exercises first (or add them into this non-exhaustive list). Because many people will have limited time for strength training, this program should be done in 30-40 minutes 2-3x per week (for time sake). Optimally this would be done with a short cardio warm-up (non-run) and if there is time left after the weight workout, add in extra cardio (even different cardio after the weight resistance training is completed).

A break in period of roughly 2 weeks should occur with modest weight, 10-12 reps and 1-2 sets of exercises. Once the initial pain has subsided, then 15-20 reps x 2 (in some cases 3 sets). Minimal required is 2x per week and optimally 3x per week (if time is available).

- Hamstring curls 2-3 sets of 15-20 (single legged each)
- Knee extensions (1 or 2 sets of 10-12) single legged each
- Walking (15-20m) lunges with 2 sets starting with no hand weights & building up
- Adduction 2 sets of 15
- Abduction 2 sets of 15
- Bench press 2 sets of 15
- Seated rowing 2 sets of 15
- Step ups onto a bench (2 sets of 20) starting with no hand weights & building up
- 50-60 Abdominal exercises (can be done in sets of 5-15)
- 40-60 back exercises (can be done in sets of 10-15)

## **BASIC CORE PROGRAM**

Most runners cannot do enough core exercise. Any time 5-10 minutes can be added at the end of a run or other cardio workout, or simply at home watching TV, it should be encouraged. Pilates, Yoga, Boot camp are all examples. A great runner's core/DVD video has been created by Caron Shepley and can be purchased online at <http://www.bluedogyoga.com/>

## **INTENSITY**

While many coaches spend tremendous amount of time on specific heart rates (which has value) there are many things that can influence your heart rate. Dehydration, fatigue, bad posture, too many winter clothes. Summer heat/humidity, etc. While charts like the one provided below have some value in terms of understanding efforts, you should use a few common sense strategies.

- ALL WARMUPS SHOULD BE VERY LIGHT (EASY): If you are breathing too hard in warm up you are negatively impacting the rest of your workout. Keep it VERY LIGHT.
- Recovery between intervals (and hill repeats) should be at the same easy warm up pace/intensity (VERY LIGHT & EASY).
- When you start trying to go harder in intervals, you should only go as hard as you are able to accomplish all 4-8 intervals with the same finishing time (distance). In other words, if you are not able to do the last 1-2 intervals with the same time/distance (as the first intervals) then you have gone too hard at the beginning. It will take you a bit of time to learn your body's pace, but the GOAL is consistency. If you can't repeat the effort on interval (hill repeat) 5-8, then you're going above your race threshold in the early intervals. If in doubt, go harder later in the workout.
- Try to negative split when possible. Negative split runs are ones where you cover more distance (or are faster) in the 2<sup>nd</sup> half of the workout. IF you are running for 10km (your goal is to cover

the 2<sup>nd</sup> 5km faster than the first 5km). If you can't, then you have gone too hard in the first part of the workout.

- In general, unless specifically requested, most of the long Saturday runs should be slower than your race pace goal. At the beginning, we are trying to build endurance. If you go too close to race pace, too early in the training regime, you are not likely to sustain it for the entire run (thus reducing your endurance capacity) and your chances of injury are greater.
- In the FEW limited races or simulation workouts, you must work some what hard to very hard (depending on fitness) & try to get your body use to effort /duration.

### INTENSITY CHART (GENERAL SENSE OF EFFORT)

HR % of Max	RPE Borg	Zones	General
65%	6 – 9 VERY LIGHT	Zone 1	Recovery
70%	11 Fairly Light	Zone 2	Low
80%	13 -14 Somewhat Hard	Zone 3	Medium
90%	15 -17 Hard to very hard	Zone 4	Hard
91%	18 -19 Very Very Hard	Zone 5	VERY HARD

### Recovery Weeks

This week will see the general volume of running decreased most notably the long run. The goal is to allow your body to adapt to the workouts completed in the 2-3 weeks prior. Remember we DO NOT get any more fit from just working out; it is the combination of workouts and recovery that increase our work capacity. Recovery week is the time to enhance your training by recovering.

### Time Trials (30-50min)

This is a simulated effort. The distances are shorter than race day but should be at faster efforts than generally have occurred in longer runs.

### NON-RUNNING DAYS

As a running program, obviously the focus is running. Because we know that too much running generally leads to overuse – soft tissue injury, we are suggesting the addition of extra fitness on the non run days. Nobody should run more than 4 days per week (advanced runners 4 days per week). Most people should run 3 days a week and add 2-3 non-running cardio extra workouts in. Athletes who consistently run (and recover) from their 3-4 running days, and add in 1-3 extra non-running workouts, are assured to achieve some PBs.

## **GET OUT OF JAIL FREE CARD**

Because all athletes will have a few days in a training program when they are over-tired or sick, we encourage people to have a GET OUT OF JAIL (WORKOUT) card that they can use without any guilt. Novice athletes get one pass ever 2 weeks. Intermediate athletes get one pass ever 3 weeks. Advanced athletes get one pass every month. Athletes get to completely skip the workout without any guilt. The ONLY workout that should not be allowed to be completely skipped (are the longer endurance weekend runs). If the athlete is not ready to participate in that workout, then it should be completed at another time in the next 4-7 days. All other workouts can be completely missed without any guilt or need to go back and make it up.

## **MONITOR AND KEEP TRACK OF YOUR OWN DATA**

All participants should keep a daily/week/monthly diary of their work and progression. This can include body weight, hours of sleep, 1-10 feeling of accomplishment from that workout, total minutes or kilometers accomplished in the week/month and PBs for specific intervals or distances. As well, the athlete should record when they last had a massage, chiropractic appointment or physiotherapy and when they replaced their running shoes.