

CANADA GET FIT TRAINING SCHEDULE

2014 Season

WEEK STARTING APRIL 26, 2014

WEEK 1

FOCUS Early Season Fitness

	SATURDAY 26-Apr	SUNDAY 27-Apr	MONDAY 28-Apr	TUESDAY 29-Apr	WEDNESDAY 30-Apr	THURSDAY 1-May	FRIDAY 2-May
HALF ADVANCED	5 km REGISTRATION	25-30 min Cardio	Strength or Core	40 min Easy Run	Strength or Core	40 min Easy Hills	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
Tuesday: Medium to high: focus on running speed, efficiency & form
Thursday: Medium to high: focus on hill running efficiency & form
- 2 Strength** Appropriate exercises include: strength training, core workout, 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, rowing
- 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 out lactate buildup or 90% of your maximum heart rate. Steady State: You should be able to run at 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, lunges, pushups, situps, etc.
- 8 Benchmark** Simulate all aspects of race including pace, intensity, clothes & evolving strategy
- 9 Activity** Activity to be completed
- 10 Rest** Core belief of CGF. You need rest to improve after hard workouts
- 11 Time Trials** Push hard to see what your body is capable of doing - short runs (track)
- 12 Focus/Phases** Early fitness, 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
- 15 Pub Nights** Once per month TBD

CANADA GET FIT TRAINING SCHEDULE

2014 Season

WEEK STARTING MAY 3, 2014

WEEK 2

FOCUS Early Season Fitness

	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	3-May	4-May	5-May	6-May	7-May	8-May	9-May
HALF ADVANCED	6 km	25-30 min Cardio	Strength or Core	40 min Easy Run	Strength or Core	40 min Easy Hills	OFF
HALF STANDARD	4 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

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

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

2 Strength

Appropriate exercises include: strength training, core workout, 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, rowing

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 out lactate buildup or 90% of your maximum heart rate. Steady State: You should be able to run at 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, lunges, pushups, situps, etc.

8 Benchmark

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

9 Activity

Activity to be completed

10 Rest

Core belief of CGF. You need rest to improve after hard workouts

11 Time Trials

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

12 Focus/Phases

Early fitness, 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

15 Pub Nights

Once per month TBD

CANADA GET FIT TRAINING SCHEDULE

2014 Season

WEEK STARTING MAY 10, 2014

WEEK 3

FOCUS Early Season Fitness

	SATURDAY 10-May	SUNDAY 11-May	MONDAY 12-May	TUESDAY 13-May	WEDNESDAY 14-May	THURSDAY 15-May	FRIDAY 16-May
HALF ADVANCED	7 km	25-30 min Cardio	Strength or Core	40 min Easy Run	Strength or Core	40 min Easy Hills	OFF
HALF STANDARD	5 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
 - Tuesday: Medium to high: focus on running speed, efficiency & form
 - Thursday: Medium to high: focus on hill running efficiency & form
- 2 Strength**
 - Appropriate exercises include: strength training, core workout, 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, rowing
- 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 out lactate buildup or 90% of your maximum heart rate. Steady State: You should be able to run at 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, lunges, pushups, situps, etc.
- 8 Benchmark**
 - Simulate all aspects of race including pace, intensity, clothes & evolving strategy
- 9 Activity**
 - Activity to be completed
- 10 Rest**
 - Core belief of CGF. You need rest to improve after hard workouts
- 11 Time Trials**
 - Push hard to see what your body is capable of doing - short runs (track)
- 12 Focus/Phases**
 - Early fitness, 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
- 15 Pub Nights**
 - Once per month TBD

CANADA GET FIT TRAINING SCHEDULE

2014 Season

WEEK STARTING MAY 17, 2014

WEEK 4

FOCUS Early Season Fitness

	SATURDAY 17-May	SUNDAY 18-May	MONDAY 19-May	TUESDAY 20-May	WEDNESDAY 21-May	THURSDAY 22-May	FRIDAY 23-May
HALF ADVANCED	6 km	25-30 min Cardio	Strength or Core	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	OFF
HALF STANDARD	4 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
Tuesday: Medium to high: focus on running speed, efficiency & form
Thursday: Medium to high: focus on hill running efficiency & form
- 2 Strength**
Appropriate exercises include: strength training, core workout, 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, rowing
- 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, lunges, pushups, situps, etc.
- 8 Benchmark**
Simulate all aspects of race including pace, intensity, clothes & evolving strategy
- 9 Activity**
Activity to be completed
- 10 Rest**
Core belief of CGF. You need rest to improve after hard workouts
- 11 Time Trials**
Push hard to see what your body is capable of doing - short runs (track)
- 12 Focus/Phases**
Early fitness, 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
- 15 Pub Nights**
Once per month TBD

CANADA GET FIT TRAINING SCHEDULE

2014 Season

WEEK STARTING MAY 24, 2014

WEEK 5

FOCUS Early Season Fitness

	SATURDAY 24-May	SUNDAY 25-May	MONDAY 26-May	TUESDAY 27-May	WEDNESDAY 28-May	THURSDAY 29-May	FRIDAY 30-May
HALF ADVANCED	7 km	35-40 min Cardio	Strength or Core	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	OFF
HALF STANDARD	6 km	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

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

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

2 Strength

Appropriate exercises include: strength training, core workout, 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, rowing

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, lunges, pushups, situps, etc.

8 Benchmark

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

9 Activity

Activity to be completed

10 Rest

Core belief of CGF. You need rest to improve after hard workouts

11 Time Trials

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

12 Focus/Phases

Early fitness, 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

15 Pub Nights

Once per month TBD

CANADA GET FIT TRAINING SCHEDULE

2014 Season

WEEK STARTING MAY 31, 2014

WEEK 6

FOCUS Early Season Fitness

	SATURDAY 31-May	SUNDAY 1-Jun	MONDAY 2-Jun	TUESDAY 3-Jun	WEDNESDAY 4-Jun	THURSDAY 5-Jun	FRIDAY 6-Jun
HALF ADVANCED	9 km	35-40 min Cardio	Strength or Core	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	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
Tuesday: Medium to high: focus on running speed, efficiency & form
Thursday: Medium to high: focus on hill running efficiency & form
- 2 Strength** Appropriate exercises include: strength training, core workout, 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, rowing
- 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, lunges, pushups, situps, etc.
- 8 Benchmark** Simulate all aspects of race including pace, intensity, clothes & evolving strategy
- 9 Activity** Activity to be completed
- 10 Rest** Core belief of CGF. You need rest to improve after hard workouts
- 11 Time Trials** Push hard to see what your body is capable of doing - short runs (track)
- 12 Focus/Phases** Early fitness, 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
- 15 Pub Nights** Once per month TBD

CANADA GET FIT TRAINING SCHEDULE

2014 Season

WEEK STARTING JUNE 7, 2014

WEEK 7

FOCUS Early Season Fitness

	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	7-Jun	8-Jun	9-Jun	10-Jun	11-Jun	12-Jun	13-Jun
HALF ADVANCED	11 km	35-40 min Cardio	Strength or Core	10 min WU (400/400/800) x 2 10 min CD	Strength or Core	20 min WU 3 x 75 sec hill repeats 20 min CD	OFF
HALF STANDARD	10 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

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

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

2 Strength

Appropriate exercises include: strength training, core workout, 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, rowing

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, lunges, pushups, situps, etc.

8 Benchmark

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

9 Activity

Activity to be completed

10 Rest

Core belief of CGF. You need rest to improve after hard workouts

11 Time Trials

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

12 Focus/Phases

Early fitness, 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

15 Pub Nights

Once per month TBD

CANADA GET FIT TRAINING SCHEDULE

2014 Season

WEEK STARTING JUNE 14, 2014

WEEK 8

FOCUS Build Endurance

	SATURDAY 14-Jun	SUNDAY 15-Jun	MONDAY 16-Jun	TUESDAY 17-Jun	WEDNESDAY 18-Jun	THURSDAY 19-Jun	FRIDAY 20-Jun
HALF ADVANCED	9 km Yoga	35-40 min Cardio	Strength or Core	15 min WU 25 min Tempo 10 min CD	Strength or Core	20 min WU 4 x 75 sec hill repeats 20 min CD	OFF
HALF STANDARD	8 km Yoga	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
Tuesday: Medium to high: focus on running speed, efficiency & form
Thursday: Medium to high: focus on hill running efficiency & form
- 2 Strength** Appropriate exercises include: strength training, core workout, 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, rowing
- 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 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, lunges, pushups, situps, etc.
- 8 Benchmark** Simulate all aspects of race including pace, intensity, clothes & evolving strategy
- 9 Activity** Activity to be completed
- 10 Rest** Core belief of CGF. You need rest to improve after hard workouts
- 11 Time Trials** Push hard to see what your body is capable of doing - short runs (track)
- 12 Focus/Phases** Early fitness, 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
- 15 Pub Nights** Once per month TBD

CANADA GET FIT TRAINING SCHEDULE

2014 Season

WEEK STARTING JUNE 21, 2014

WEEK 9

FOCUS Build Endurance

	SATURDAY 21-Jun	SUNDAY 22-Jun	MONDAY 23-Jun	TUESDAY 24-Jun	WEDNESDAY 25-Jun	THURSDAY 26-Jun	FRIDAY 27-Jun
HALF ADVANCED	10 km	45-50 min Cardio	Strength or Core	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	OFF
HALF STANDARD	10 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
Tuesday: Medium to high: focus on running speed, efficiency & form
Thursday: Medium to high: focus on hill running efficiency & form
- 2 Strength** Appropriate exercises include: strength training, core workout, 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, rowing
- 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, lunges, pushups, situps, etc.
- 8 Benchmark** Simulate all aspects of race including pace, intensity, clothes & evolving strategy
- 9 Activity** Activity to be completed
- 10 Rest** Core belief of CGF. You need rest to improve after hard workouts
- 11 Time Trials** Push hard to see what your body is capable of doing - short runs (track)
- 12 Focus/Phases** Early fitness, 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
- 15 Pub Nights** Once per month TBD

CANADA GET FIT TRAINING SCHEDULE

2014 Season

WEEK STARTING JUNE 28, 2014

WEEK 10

FOCUS Build Endurance

	SATURDAY 28-Jun	SUNDAY 29-Jun	MONDAY 30-Jun	TUESDAY 1-Jul	WEDNESDAY 2-Jul	THURSDAY 3-Jul	FRIDAY 4-Jul
HALF ADVANCED	12 km	45-50 min Cardio	Strength or Core	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	OFF
HALF STANDARD	12 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
Tuesday: Medium to high: focus on running speed, efficiency & form
Thursday: Medium to high: focus on hill running efficiency & form
- 2 Strength** Appropriate exercises include: strength training, core workout, 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, rowing
- 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, lunges, pushups, situps, etc.
- 8 Benchmark** Simulate all aspects of race including pace, intensity, clothes & evolving strategy
- 9 Activity** Activity to be completed
- 10 Rest** Core belief of CGF. You need rest to improve after hard workouts
- 11 Time Trials** Push hard to see what your body is capable of doing - short runs (track)
- 12 Focus/Phases** Early fitness, 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
- 15 Pub Nights** Once per month TBD

CANADA GET FIT TRAINING SCHEDULE

2014 Season

WEEK STARTING JULY 5, 2014

WEEK 11

FOCUS Build Endurance

	SATURDAY 5-Jul	SUNDAY 6-Jul	MONDAY 7-Jul	TUESDAY 8-Jul	WEDNESDAY 9-Jul	THURSDAY 10-Jul	FRIDAY 11-Jul
HALF ADVANCED	14 km Benchmark	45-50 min Cardio	Strength or Core	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	OFF
HALF STANDARD	14 km Benchmark	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

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

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

2 Strength

Appropriate exercises include: strength training, core workout, 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, rowing

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, lunges, pushups, situps, etc.

8 Benchmark

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

9 Activity

Activity to be completed

10 Rest

Core belief of CGF. You need rest to improve after hard workouts

11 Time Trials

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

12 Focus/Phases

Early fitness, 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

15 Pub Nights

Once per month TBD

CANADA GET FIT TRAINING SCHEDULE

2014 Season

WEEK STARTING JULY 12, 2014

WEEK 12

FOCUS Build Endurance

	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	12-Jul	13-Jul	14-Jul	15-Jul	16-Jul	17-Jul	18-Jul
HALF ADVANCED	11 km Yoga	45-50 min Cardio	Strength or Core	10 min WU (400/400/800) x 3 10 min CD	Strength or Core	20 min WU 5 x 75 sec hill repeats 20 min CD	OFF
HALF STANDARD	11 km Yoga	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
Tuesday: Medium to high: focus on running speed, efficiency & form
Thursday: Medium to high: focus on hill running efficiency & form
- 2 Strength** Appropriate exercises include: strength training, core workout, 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, rowing
- 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 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, lunges, pushups, situps, etc.
- 8 Benchmark** Simulate all aspects of race including pace, intensity, clothes & evolving strategy
- 9 Activity** Activity to be completed
- 10 Rest** Core belief of CGF. You need rest to improve after hard workouts
- 11 Time Trials** Push hard to see what your body is capable of doing - short runs (track)
- 12 Focus/Phases** Early fitness, 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
- 15 Pub Nights** Once per month TBD

CANADA GET FIT TRAINING SCHEDULE

2014 Season

WEEK STARTING JULY 19, 2014

WEEK 13

FOCUS Build Endurance

	SATURDAY 19-Jul	SUNDAY 20-Jul	MONDAY 21-Jul	TUESDAY 22-Jul	WEDNESDAY 23-Jul	THURSDAY 24-Jul	FRIDAY 25-Jul
HALF ADVANCED	14 km	50-60 min Cardio	Strength or Core	15 min WU 30 min Tempo 10 min CD	Strength or Core	20 min WU 5 x 75 sec hill repeats 20 min CD	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
Tuesday: Medium to high: focus on running speed, efficiency & form
Thursday: Medium to high: focus on hill running efficiency & form
- 2 Strength** Appropriate exercises include: strength training, core workout, 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, rowing
- 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 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, lunges, pushups, situps, etc.
- 8 Benchmark** Simulate all aspects of race including pace, intensity, clothes & evolving strategy
- 9 Activity** Activity to be completed
- 10 Rest** Core belief of CGF. You need rest to improve after hard workouts
- 11 Time Trials** Push hard to see what your body is capable of doing - short runs (track)
- 12 Focus/Phases** Early fitness, 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
- 15 Pub Nights** Once per month TBD

CANADA GET FIT TRAINING SCHEDULE

2014 Season

WEEK STARTING JULY 26, 2014

WEEK 14

FOCUS Build Endurance

	SATURDAY 26-Jul	SUNDAY 27-Jul	MONDAY 28-Jul	TUESDAY 29-Jul	WEDNESDAY 30-Jul	THURSDAY 31-Jul	FRIDAY 1-Aug
HALF ADVANCED	17 km	50-60 min Cardio	Strength or Core	15 min WU (3 min fast/2 min recovery) x5 10 min CD	Strength or Core	20 min WU 5 x 75 sec hill repeats 20 min CD	OFF
HALF STANDARD	17 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

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

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

2 Strength

Appropriate exercises include: strength training, core workout, 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, rowing
1/week per weekly instructions.

5 Hill Training

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, lunges, pushups, situps, etc.

8 Benchmark

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

9 Activity

Activity to be completed

10 Rest

Core belief of CGF. You need rest to improve after hard workouts

11 Time Trials

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

12 Focus/Phases

Early fitness, 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

15 Pub Nights

Once per month TBD

CANADA GET FIT TRAINING SCHEDULE

2014 Season

WEEK STARTING AUGUST 2, 2014

WEEK 15

FOCUS Build Endurance

	SATURDAY 2-Aug	SUNDAY 3-Aug	MONDAY 4-Aug	TUESDAY 5-Aug	WEDNESDAY 6-Aug	THURSDAY 7-Aug	FRIDAY 8-Aug
HALF ADVANCED	20 km Benchmark	50-60 min Cardio	Strength or Core	15 min WU (3 min fast/2 min recovery) x5 10 min CD	Strength or Core	20 min WU 5 x 75 sec hill repeats 20 min CD	OFF
HALF STANDARD	20 km Benchmark	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
Tuesday: Medium to high: focus on running speed, efficiency & form
Thursday: Medium to high: focus on hill running efficiency & form
- 2 Strength** Appropriate exercises include: strength training, core workout, 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, rowing
- 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, lunges, pushups, situps, etc.
- 8 Benchmark** Simulate all aspects of race including pace, intensity, clothes & evolving strategy
- 9 Activity** Activity to be completed
- 10 Rest** Core belief of CGF. You need rest to improve after hard workouts
- 11 Time Trials** Push hard to see what your body is capable of doing - short runs (track)
- 12 Focus/Phases** Early fitness, 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
- 15 Pub Nights** Once per month TBD

CANADA GET FIT TRAINING SCHEDULE
2014 Season
WEEK STARTING AUGUST 9, 2014

WEEK 16

FOCUS Long Run Transition/Endurance

	SATURDAY 9-Aug	SUNDAY 10-Aug	MONDAY 11-Aug	TUESDAY 12-Aug	WEDNESDAY 13-Aug	THURSDAY 14-Aug	FRIDAY 15-Aug
HALF ADVANCED	15 km Yoga	50-60 min Cardio	Strength or Core	15 min WU (3 min fast/2 min recovery) x5 10 min CD	Strength or Core	20 min WU 4-6 x 75 sec hill repeats 15 min CD	OFF
HALF STANDARD	15 km Yoga	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
 Tuesday: Medium to high: focus on running speed, efficiency & form
 Thursday: Medium to high: focus on hill running efficiency & form
- 2 Strength** Appropriate exercises include: strength training, core workout, 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, rowing
- 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, lunges, pushups, situps, etc.
- 8 Benchmark** Simulate all aspects of race including pace, intensity, clothes & evolving strategy
- 9 Activity** Activity to be completed
- 10 Rest** Core belief of CGF. You need rest to improve after hard workouts
- 11 Time Trials** Push hard to see what your body is capable of doing - short runs (track)
- 12 Focus/Phases** Early fitness, 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
- 15 Pub Nights** Once per month TBD

CANADA GET FIT TRAINING SCHEDULE
2014 Season
WEEK STARTING AUGUST 16, 2014

WEEK 17

FOCUS Long Run Transition/Endurance

	SATURDAY 16-Aug	SUNDAY 17-Aug	MONDAY 18-Aug	TUESDAY 19-Aug	WEDNESDAY 20-Aug	THURSDAY 21-Aug	FRIDAY 22-Aug
HALF ADVANCED	18 km	50-60 min Cardio	Strength or Core	10 min WU (400/400/800) x 4 10 min CD	Strength or Core	20 min WU 4-6 x 75 sec hill repeats 15 min CD	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
 Tuesday: Medium to high: focus on running speed, efficiency & form
 Thursday: Medium to high: focus on hill running efficiency & form
- 2 Strength** Appropriate exercises include: strength training, core workout, 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, rowing
- 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, lunges, pushups, situps, etc.
- 8 Benchmark** Simulate all aspects of race including pace, intensity, clothes & evolving strategy
- 9 Activity** Activity to be completed
- 10 Rest** Core belief of CGF. You need rest to improve after hard workouts
- 11 Time Trials** Push hard to see what your body is capable of doing - short runs (track)
- 12 Focus/Phases** Early fitness, 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
- 15 Pub Nights** Once per month TBD

CANADA GET FIT TRAINING SCHEDULE

2014 Season

WEEK STARTING AUGUST 23, 2014

WEEK 18

FOCUS Long Run Transition/Endurance

	SATURDAY 23-Aug	SUNDAY 24-Aug	MONDAY 25-Aug	TUESDAY 26-Aug	WEDNESDAY 27-Aug	THURSDAY 28-Aug	FRIDAY 29-Aug
HALF ADVANCED	20 km	50-60 min Cardio	Strength or Core	15 min WU 35 min Tempo 10 min CD	Strength or Core	50 min Easy Run on hills	OFF
HALF STANDARD	20 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

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

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

2 Strength

Appropriate exercises include: strength training, core workout, 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, rowing

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, lunges, pushups, situps, etc.

8 Benchmark

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

9 Activity

Activity to be completed

10 Rest

Core belief of CGF. You need rest to improve after hard workouts

11 Time Trials

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

12 Focus/Phases

Early fitness, 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

15 Pub Nights

Once per month TBD

CANADA GET FIT TRAINING SCHEDULE

2014 Season

WEEK STARTING AUGUST 30, 2014

WEEK 19

FOCUS Race Simulation

	SATURDAY 30-Aug	SUNDAY 31-Aug	MONDAY 1-Sep	TUESDAY 2-Sep	WEDNESDAY 3-Sep	THURSDAY 4-Sep	FRIDAY 5-Sep
HALF ADVANCED	22 km Benchmark	50-60 min Cardio	Strength or Core	10 min WU 40 min Tempo 10 min CD	Strength or Core	35 min Easy Run on hills	OFF
HALF STANDARD	22 km Benchmark	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

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

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

2 Strength

Appropriate exercises include: strength training, core workout, 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, rowing

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 out lactate buildup or 90% of your maximum heart rate. Steady State: You should be able to 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, lunges, pushups, situps, etc.

8 Benchmark

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

9 Activity

Activity to be completed

10 Rest

Core belief of CGF. You need rest to improve after hard workouts

11 Time Trials

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

12 Focus/Phases

Early fitness, 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

15 Pub Nights

Once per month TBD

CANADA GET FIT TRAINING SCHEDULE

2014 Season

WEEK STARTING SEPTEMBER 6, 2014

WEEK 20

FOCUS Taper

	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	6-Sep	7-Sep	8-Sep	9-Sep	10-Sep	11-Sep	12-Sep
HALF ADVANCED	16 km Yoga	45-50 min Cardio	Strength or Core	10 min WU 35 min Tempo 10 min CD	Strength or Core	20 min Easy Run	OFF
HALF STANDARD	16 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
 - Tuesday: Medium to high: focus on running speed, efficiency & form
 - Thursday: Medium to high: focus on hill running efficiency & form
- 2 Strength**
 - Appropriate exercises include: strength training, core workout, 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, rowing
- 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 out lactate buildup or 90% of your maximum heart rate. Steady State: You should be able to 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, lunges, pushups, situps, etc.
- 8 Benchmark**
 - Simulate all aspects of race including pace, intensity, clothes & evolving strategy
- 9 Activity**
 - Activity to be completed
- 10 Rest**
 - Core belief of CGF. You need rest to improve after hard workouts
- 11 Time Trials**
 - Push hard to see what your body is capable of doing - short runs (track)
- 12 Focus/Phases**
 - Early fitness, 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
- 15 Pub Nights**
 - Once per month TBD

CANADA GET FIT TRAINING SCHEDULE

2014 Season

WEEK STARTING SEPTEMBER 13, 2014

WEEK 21

FOCUS Taper

	SATURDAY 13-Sep	SUNDAY 14-Sep	MONDAY 15-Sep	TUESDAY 16-Sep	WEDNESDAY 17-Sep	THURSDAY 18-Sep	FRIDAY 19-Sep
HALF ADVANCED	10 km	35-40 min Cardio	Strength or Core	10 min WU (3 min fast/2 min recovery) x3 10 min CD	Strength or Core	10 min WU (3 min fast/2 min recovery) x2 10 min CD	OFF
HALF STANDARD	10 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

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

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

2 Strength

Appropriate exercises include: strength training, core workout, 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, rowing 1/week per weekly instructions.

5 Hill Training

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, lunges, pushups, situps, etc.

8 Benchmark

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

9 Activity

Activity to be completed

10 Rest

Core belief of CGF. You need rest to improve after hard workouts

11 Time Trials

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

12 Focus/Phases

Early fitness, 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

15 Pub Nights

Once per month TBD

CANADA GET FIT TRAINING SCHEDULE

2014 Season

WEEK STARTING SEPTEMBER 20, 2014

WEEK 22

FOCUS Race, Recovery and Celebration

	SATURDAY 20-Sep	SUNDAY 21-Sep	MONDAY 22-Sep	TUESDAY 23-Sep	WEDNESDAY 24-Sep	THURSDAY 25-Sep	FRIDAY 26-Sep
HALF ADVANCED	10-15 Min Jog km	RACE RACE	30 min Easy Run	OFF	40 min Easy Run + Stretch	OFF	OFF
HALF STANDARD	10-15 Min Jog km	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
 - Tuesday: Medium to high: focus on running speed, efficiency & form
 - Thursday: Medium to high: focus on hill running efficiency & form
- 2 Strength**
 - Appropriate exercises include: strength training, core workout, 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, rowing
- 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, lunges, pushups, situps, etc.
- 8 Benchmark**
 - Simulate all aspects of race including pace, intensity, clothes & evolving strategy
- 9 Activity**
 - Activity to be completed
- 10 Rest**
 - Core belief of CGF. You need rest to improve after hard workouts
- 11 Time Trials**
 - Push hard to see what your body is capable of doing - short runs (track)
- 12 Focus/Phases**
 - Early fitness, 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
- 15 Pub Nights**
 - Once per month TBD