



	PRE-SEASON PREP	EARLY SEASON FITNESS PREP	EARLY SEASON FITNESS PREP	RECOVERY - REGENERATION			
	WEEK 1	WEEK 2	WEEK 3	WEEK 4			
	11/22/2013	11/29/2013	12/6/2013	12/13/2013			
	Coronation	Lasalle	Coronation	Coronation			
SATURDAY	Group Long Run + optional extra	Generally Low except races + Sims	Easy long run endurance	Easy 8 km run	Easy 10 km run	Easy 12 km run	15 min Wu 40 min run 15 min Wd
SUNDAY	Non-Run Cardio Day	Generally low to medium	Pure endurance	40-60min cardio	50-60min cardio	40-60min cardio	60min cardio
MONDAY Primal	Run Tempo + drills + strength (weights or class)	Medium + occasional high	Run efficiency + drills + improve strength	Run 40min easy pre-strength	Wu 15min + drills 10-15min tempo 15 Wd pre-strength	Wu 15min + drills 15- 20min tempo 15-20min Wd + strength	Run 15min + drills 6-8 x min 2min faster/2min easier 15 Wd + strength
TUESDAY	Optional cardio work	ez-mod endurance	Optional endurance	Off Day	Off Day	Optional 30min non-impact cardio	Optional 30-40min non-impact cardio
WEDNESDAY Primal	Speedier Run or Hill Work + strength (weights or class)	Medium to occasional high	Improving Run Efficiency + drills + improve strength	Run 40min on some hills + pre-strength	Wu 15min + drills 3 x 75 sec hill repeats (mod up/down) 15 min Wd + pre-strength	50-60min fartlek with some hills + strength	Run 15min + drills 4 x 3min @ 10k/3min ez 15 min Wd + strength
THURSDAY	Cardio (non-impact) + core	ez-mod endurance	Improve endurance + core	core	core	30min non-impact cardio + core	30min non-impact cardio + core
FRIDAY	Off Day	active recovery walk / etc	Regeneration	Off Day	Off day	Off day	OFF DAY

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DAY	ACTIVITY	INTENSITY	FOCUS	Coronation	Lasalle	Coronation	Coronation
SATURDAY	Group Long Run + optional extra	Generally Low except races + Sims	Easy long run endurance	Easy 8 km run	Easy 10 km run	Easy 12 km run	15 min Wu 40 min run 15 min Wd
SUNDAY	Non-Run Cardio Day	Generally low to medium	Pure endurance	40-60min cardio	50-60min cardio	40-60min cardio	60min cardio
MONDAY Primal	Run Tempo + drills + strength (weights or class)	Medium + occasional high	Run efficiency + drills + improve strength	Run 40min easy pre-strength	Wu 15min + drills 10-15min tempo 15 Wd pre-strength	Wu 15min + drills 15- 20min tempo 15-20min Wd + strength	Run 15min + drills 6-8 x min 2min faster/2min easier 15 Wd + strength
TUESDAY	Optional cardio work	ez-mod endurance	Optional endurance	Off Day	Off Day	Optional 30min non-impact cardio	Optional 30-40min non-impact cardio
WEDNESDAY Primal	Speedier Run or Hill Work + strength (weights or class)	Medium to occasional high	Improving Run Efficiency + drills + improve strength	Run 40min on some hills + pre-strength	Wu 15min + drills 3 x 75 sec hill repeats (mod up/down) 15 min Wd + pre-strength	50-60min fartlek with some hills + strength	Run 15min + drills 4 x 3min @ 10k/3min ez 15 min Wd + strength
THURSDAY	Cardio (non-impact) + core	ez-mod endurance	Improve endurance + core	core	core	30min non-impact cardio + core	30min non-impact cardio + core
FRIDAY	Off Day	active recovery walk / etc	Regeneration	Off Day	Off day	Off day	OFF DAY



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				HOLIDAY SURVIVAL	HOLIDAY SURVIVAL	BUILDING ENDURANCE	BUILDING ENDURANCE
				WEEK 5	WEEK 6	WEEK 7	WEEK 8
				12/20/2013	12/27/2013	1/3/2014	1/10/2014
DAY	ACTIVITY	INTENSITY	FOCUS	Lasalle	Coronation	Lasalle	Coronation
SATURDAY	Group Long Run + optional extra	Generally Low except races + Sims	Easy long run endurance	Easy 14 km Run	Easy 16 km or 10K if you are running Boxing Day 10M	Run 18 km (6-8K @ race pace)	Easy 20 km
SUNDAY	Non-Run Cardio Day	Generally low to medium	Pure endurance	easy 40- 60min	easy 40- 60min	60-90min cardio	50-60min cardio
MONDAY Primal	Run Tempo + drills + strength (weights or class)	Medium + occasional high	Run efficiency + drills + improve strength	Run easy 45-55min + strength	Run easy 45-55min + strength	Run 15min + drills 4-6 x 3min @ 10k/ 3min ez + 15min Wd + strength	Run easy 50-60min + drills + strength
TUESDAY	Optional cardio work	ez-mod endurance	Optional endurance	Wu 15min + drills 3 x 75 sec (mod up/ez down) 10-15min Wd + strength	10 km run or Boxing Day 10M in place of Saturday run	Optional 30-40min cardio	Optional 30-40min cardio
WEDNESDAY Primal	Speedier Run or Hill Work + strength (weights or class)	Medium to occasional high	Improving Run Efficiency + drills + improve strength	Christmas Day Off	New Year's Day	Wu 20min 15min tempo 20min Wd + strength	Wu 15min + drills 4-6 x 75 sec hill repeats (mod up/ez down) 15 Wd + strength
THURSDAY	Cardio (non-impact) + core	ez-mod endurance	Improve endurance + core	30 min any non-impact cardio + core or Boxing Day 10 Miler	30-40min non-impact cardio + core	30-40min non-impact cardio + core	30-40min non-impact cardio + core
FRIDAY	Off Day	active recovery walk / etc	Regeneration	OFF DAY	OFF DAY	OFF DAY	Off Day



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				RECOVERY REGENERATION	BUILDING ENDURANCE & RACE PACE	BUILDING ENDURANCE & RACE PACE	BUILDING ENDURANCE & RACE PACE
				WEEK 9	WEEK 10	WEEK 11	WEEK 12
				1/17/2014	1/24/2014	1/31/2014	2/7/2014
DAY	ACTIVITY	INTENSITY	FOCUS	Coronation	Lasalle	Coronation	Lasalle
SATURDAY	Group Long Run + optional extra	Generally Low except races + Sims	Easy long run endurance	15 min Wu 40 min run 15 min Wd	Run 18 K 10 - 12k @ race pace.	Run 23 km (8-10K @ race pace) + bike 40min	Run 26km 14-16K @ race pace
SUNDAY	Non-Run Cardio Day	Generally low to medium	Pure endurance	60-min cardio	EASY 60min cardio	60-75+ min ez cardio	60-90 min ez cardio
MONDAY Primal	Run Tempo + drills + strength (weights or class)	Medium + occasional high	Run efficiency + drills + improve strength	Run 40- 50min ez + strength	Run 20min + drills 10min tempo 10-15min Wd + strength	Run easy 50min + drills+ strength	Run 40-50min (10min tempo) + strength
TUESDAY	Optional cardio work	ez-mod endurance	Optional endurance	Off Day	Optional 50-60min cardio	optional 50-60min cardio	optional 50-60min cardio
WEDNESDAY Primal	Speedier Run or Hill Work + strength (weights or class)	Medium to occasional high	Improving Run Efficiency + drills + improve strength	Run fartlek with hills 40-50min + strength	Run 20min + drills 5-7 x 75 sec hill repeats (mod up/down) 10-15min Wd + strength	Run 15min easy + drills 5-6 x 2min @ 5k pace/ 3min easy 15min Wd + strength	Run 50-60min fartlek + strength
THURSDAY	Cardio (non-impact) + core	ez-mod endurance	Improve endurance + core	core	50-60min non-impact cardio + core	30min ez + core	50-60min non-impact cardio + core
FRIDAY	Off Day	active recovery walk / etc	Regeneration	OFF DAY	OFF DAY	OFF DAY	OFF DAY



	RECOVERY REGENERATION	OVER DISTANCE ENDURANCE	ENDURANCE	EASY LONG RUN			
	WEEK 13	WEEK 14	WEEK 15	WEEK 16			
	2/14/2014	2/21/2014	2/28/2014	3/7/2014			
	Coronation	Lasalle	Coronation	Lasalle			
SATURDAY	Group Long Run + optional extra	Generally Low except races + Sims	Easy long run endurance	15 min Wu 40 min run 15 min Wd	Run 28 km 12K @ race pace	Run 18K 10k @ Race Pace or Chilly Half	Run 30K 15K @ Race Pace
SUNDAY	Non-Run Cardio Day	Generally low to medium	Pure endurance	60 min cardio	60-90+ min ez cardio	60min+ cardio or Chilly Half Sunday with 5-9K warm up	60-90+ min ez cardio
MONDAY Primal	Run Tempo + drills + strength (weights or class)	Medium + occasional high	Run efficiency + drills + improve strength	Run 15min + drills 2 x (10min @ 1/2 Mar. pace/5 min ez) 15 min Wd + strength	Run 55-60min with some pickups + strength	Run easy 40-45min ez + strength	Easy 1hr non-run cardio + strength
TUESDAY	Optional cardio work	ez-mod endurance	Optional endurance	optional 50-60min cardio	optional 50-60min cardio	optional 50-60min cardio	optional 50-60min
WEDNESDAY Primal	Speedier Run or Hill Work + strength (weights or class)	Medium to occasional high	Improving Run Efficiency + drills + improve strength	Run 15min + drills + 2 x 1 mile repeats @ 10k / easy 3min rec. + strength	Run 15min + drills 6-8 x 75 sec hill repeats (mod up/ez down) 15 min Wd + strength	Run 15min 6-8 x 75 sec hill repeats / mod up/ez down 15min Wd + strength	Run 40min fartlek + strength
THURSDAY	Cardio (non-impact) + core	ez-mod endurance	Improve endurance + core	50-60min non-impact cardio + core	50-60min non-impact cardio + core	40min non-impact cardio + core	50-60min non-impact cardio + core1
FRIDAY	Off Day	active recovery walk / etc	Regeneration	DAY OFF	DAY OFF	DAY OFF	OFF DAY

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DAY	ACTIVITY	INTENSITY	FOCUS	Coronation	Lasalle	Coronation	Lasalle
SATURDAY	Group Long Run + optional extra	Generally Low except races + Sims	Easy long run endurance	15 min Wu 40 min run 15 min Wd	Run 28 km 12K @ race pace	Run 18K 10k @ Race Pace or Chilly Half	Run 30K 15K @ Race Pace
SUNDAY	Non-Run Cardio Day	Generally low to medium	Pure endurance	60 min cardio	60-90+ min ez cardio	60min+ cardio or Chilly Half Sunday with 5-9K warm up	60-90+ min ez cardio
MONDAY Primal	Run Tempo + drills + strength (weights or class)	Medium + occasional high	Run efficiency + drills + improve strength	Run 15min + drills 2 x (10min @ 1/2 Mar. pace/5 min ez) 15 min Wd + strength	Run 55-60min with some pickups + strength	Run easy 40-45min ez + strength	Easy 1hr non-run cardio + strength
TUESDAY	Optional cardio work	ez-mod endurance	Optional endurance	optional 50-60min cardio	optional 50-60min cardio	optional 50-60min cardio	optional 50-60min
WEDNESDAY Primal	Speedier Run or Hill Work + strength (weights or class)	Medium to occasional high	Improving Run Efficiency + drills + improve strength	Run 15min + drills + 2 x 1 mile repeats @ 10k / easy 3min rec. + strength	Run 15min + drills 6-8 x 75 sec hill repeats (mod up/ez down) 15 min Wd + strength	Run 15min 6-8 x 75 sec hill repeats / mod up/ez down 15min Wd + strength	Run 40min fartlek + strength
THURSDAY	Cardio (non-impact) + core	ez-mod endurance	Improve endurance + core	50-60min non-impact cardio + core	50-60min non-impact cardio + core	40min non-impact cardio + core	50-60min non-impact cardio + core1
FRIDAY	Off Day	active recovery walk / etc	Regeneration	DAY OFF	DAY OFF	DAY OFF	OFF DAY



	RACE SIMULATION	TAPER INTO RACE	RACE + RECOVERY			
	WEEK 17	WEEK 18	WEEK 19			
	3/14/2014	3/21/2014	3/28/2014			
	Coronation	Lasalle	RACE + RECOVERY			
SATURDAY	Group Long Run + optional extra	Generally Low except races + Sims	Easy long run endurance	Run 18K easy	Run 5k easy then 5k @ 1/2 marathon pace	Jog 10-15min ez
SUNDAY	Non-Run Cardio Day	Generally low to medium	Pure endurance	60-90min cardio	Easy 1hr cardio	AROUND THE BAY RACE March 29, 2015
MONDAY Primal	Run Tempo + drills + strength (weights or class)	Medium + occasional high	Run efficiency + drills + improve strength	Run 40min easy + drills + strength	Run 20min easy then 10min @ 1/2 mar pace then 10min wdown.	Easy 30min recovery non impact
TUESDAY	Optional cardio work	ez-mod endurance	Optional endurance	Off Day	OFF DAY	Strength program
WEDNESDAY Primal	Speedier Run or Hill Work + strength (weights or class)	Medium to occasional high	Improving Run Efficiency + drills + improve strength	Run 50min with 3-4 hill repeats + strength	30min easy group run	Easy 40min jog and stretch
THURSDAY	Cardio (non-impact) + core	ez-mod endurance	Improve endurance + core	35-40min ez non-cardio	Run 20min ez strides	Strength program
FRIDAY	Off Day	active recovery walk / etc	Regeneration	OFF DAY	OFF DAY	OFF DAY

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DAY	ACTIVITY	INTENSITY	FOCUS
SATURDAY	Group Long Run + optional extra	Generally Low except races + Sims	Easy long run endurance
SUNDAY	Non-Run Cardio Day	Generally low to medium	Pure endurance
MONDAY Primal	Run Tempo + drills + strength (weights or class)	Medium + occasional high	Run efficiency + drills + improve strength
TUESDAY	Optional cardio work	ez-mod endurance	Optional endurance
WEDNESDAY Primal	Speedier Run or Hill Work + strength (weights or class)	Medium to occasional high	Improving Run Efficiency + drills + improve strength
THURSDAY	Cardio (non-impact) + core	ez-mod endurance	Improve endurance + core
FRIDAY	Off Day	active recovery walk / etc	Regeneration