



OPENING DAY REGISTRATION GLEN ABBEY	MOTHER'S DAY GLEN ABBEY	GLEN ABBEY	VICTORIA DAY GLEN ABBEY	50 MIN DISTANCE T.T. GLEN ABBEY	EASY LONG RUN	FATHER'S DAY EASY LONG RUN	LONG RUN + RACE PACE
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HALF MARATHON PROGRAM

1	2	3	4	5	6	7	8
06-May	13-May	20-May	27-May	03-Jun	10-Jun	17-Jun	24-Jun

DAY	ACTIVITY	INTENSITY	FOCUS	EARLY SEASON FITNESS	EARLY SEASON FITNESS	EARLY SEASON FITNESS	EARLY SEASON FITNESS	RECOVERY/ REGENERATION	BUILDING ENDURANCE	BUILDING ENDURANCE	BUILDING ENDURANCE
SATURDAY	Group Long Run + optional extra	Generally Low except races + Sims	Easy long run endurance	Easy 3K	Easy 3K	Easy 5K	Easy 6K	wu/wd 15min + 50min TT	Easy 7K	Easy 8K	Run 9K (5K @ race pace)
SUNDAY	Non-Run Cardio Day + core work	Generally low to medium	Pure endurance + core/stretch	50-60min cardio + core work	50-60min cardio + core work	50-60min cardio + core work	50-60min cardio + core work	Easy 60 min cardio + core	60 - 90 min cardio + core	60 - 90 min cardio + core	60 - 90 min cardio + core
MONDAY	Run Tempo + drills + optional core	Medium + occasional high	Run Efficiency + drills	Run 40min easy	Run 40min easy	Wu 20min + drills then 15min tempo + 20min steady	Wu 20min + drills then 20min tempo and 20-25min steady	Run 50min easy	Run 20min + drills then 4 - 6 x min 2min faster / 2min easier + 15- 20min easy	Run 20min + drills + 20 min temp + 15 - 25 min wd	Run 20min + drills + 20min tempo + 15-25min wd
TUESDAY	Strength (wts or class) + optional cardio work	Quality strength + easy-mod endurance	Improving Strength + endurance	Strength + optional 30min cardio	Strength + optional 30min cardio	Strength + optional 30min cardio	Strength + optional 30min cardio	Strength + optional 30min cardio	Strength + optional 30-40 min cardio	Strength + optional 30-40 min cardio	Strength + optional 30-40 min cardio
WEDNESDAY	Speedier Run or Hill Work + optional core	Medium to occasional high	Improving Run Efficiency + core	Run 40min on some hills	Run 40min on some hills	Wu 20min + drills then 3 x 75 sec hill repeats mod up/down then 20-30min run	Run 60-65min fartlek with some hills	Run 50min on hills	Run 20min + drills then 4 x 3min @ 10k/ 3min easy and wd	Wu 20min + drills then 3 x 75 sec hill repeats mod up/easy down + 20min easy	Run 20min + drills then 6 x 3min @ 10k/ 3min easy + 15min wd
THURSDAY	Strength (wts or class) + Cardio (run or other)	Quality strength + easy-mod endurance	Improving Strength + endurance	Strength + optional 30-40min cardio	Strength + optional 30-40min cardio	Strength + optional 30-40min cardio	Strength + optional 30-40min cardio	Strength + optional 30-40min cardio	Strength + optional 30-40min cardio	Strength + optional 30-40min cardio	Strength + optional 30-40min cardio
FRIDAY	Off Day	Regeneration	Regeneration	OFF DAY	OFF DAY	OFF DAY	OFF DAY	OFF DAY	OFF DAY	OFF DAY	OFF DAY

Glossary

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 occasional high focus on running efficiency, form & drills
 Wednesday Medium to occasional high focus on running efficiency, form & drills

Strength Core Appropriate exercises include: strength training, core workout, yoga, crossfit for runners, pilates and yoga
 See the Canada Get Fit on line resources for sample core exercise (bridge, side bridge, V-sit, Bicycle crunch, Bridge, Single Leg Bridge)

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

Hill Training 1/week per weekly instructions.

Speed Training Tempo Run: 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.

Drills A's B's & C's see the Canada Get Fit online resources for example of drills
Benchmark Activity Simulate all aspects of race including pace, intensity, clothes & evolving strategy
Activity to be completed
Rest Core believe of CGF
Time Trials Push hard to see what your body is capable of doing - short runs
Focus/Phases Early fitness, recovery, build endurance, long run transition, distance endurance, taper
Off Rest. Limit activity to ensure body has adequate opportunity to recover and reduce potential for injury.

LOCATION Start location for the first 5 weeks has been set and other locations will be introduced based on location conditions. Start location will be announced in weekly newsletter but may include: Iroquois Ridge Community Centre, LaSalle Park, Lions Valley Park, Coronation Park & Ancaster



CANADA DAY			TORONTO TRIATHLON			
50 MIN DISTANCE T.T.	EASY LONG RUN	LONG RUN + RACE PACE	LONG RUN + RACE PACE	50 MIN DISTANCE T.T.	BENCHMARK	STEELHEAD

9	10	11	12	13	14	15
01-Jul	08-Jul	15-Jul	22-Jul	29-Jul	05-Aug	12-Aug

HALF MARATHON PROGRAM

DAY	ACTIVITY	INTENSITY	FOCUS	RECOVERY/ REGENERATION	LONG RUN TRANSITION	LONG RUN TRANSITION	LONG RUN TRANSITIONS	RECOVERY/ REGENERATION	DISTANCE ENDURANCE	DISTANCE ENDURANCE
SATURDAY	Group Long Run + optional extra	Generally Low except races + Sims	Easy long run endurance	wu/wd 15min + 50min TT	Easy 10K	Run 11K (6k @ race pace)	Run 12K (7K @ race pace)	wu/wd 15min + 50min TT	Easy 14K	Easy 15K
SUNDAY	Non-Run Cardio Day + core work	Generally low to medium	Pure endurance + core/stretch	Easy 60 min cardio + core	60 - 90 min cardio + core	60 - 90 min cardio + core	90 min easy cardio + core	Easy 60 min cardio + core	90 min easy cardio + core	90 min easy cardio + core
MONDAY	Run Tempo + drills + optional core	Medium + occasional high	Run Efficiency + drills	Run 50 min easy + drills	Run 20 min + drills + 20 min tempo + 20 - 25 min wd	Run 25min + drills + 20min tempo + 20-25min easy	Run easy 50min + drills	Run easy 50 min + drills	Run 20min + drills then 2 x (10min @ 1/2 Mar. pace / 5min easy)	Run 60min with some pickups
TUESDAY	Strength (wts or class) + optional cardio work	Quality strength + easy-mod endurance	Improving Strength + endurance	Strength + optional 30-40 min cardio	Strength + optional 50-60 min cardio	Strength + optional 50-60 min cardio	Strength + optional 50-60 min cardio	Strength + optional 50-60 min cardio	Strength + optional 50-60 min cardio	Strength + optional 50-60 min cardio
WEDNESDAY	Speedier Run or Hill Work + optional core	Medium to occasional high	Improving Run Efficiency + core	Run 50 min on hills	Wu 20min + drills then 4 - 6 x 75 sec hill repeats mod up/easy down + 15-20min wd	Run fartlek with hills 50min	Run 20min + drills then 6-8 x 75 sec hill repeats mod up/down + 15-20min wd	Run 60min fartlek	Run 20min + drills then 2 x 1 mile repeats @ 10k / easy 3min recovery + 15 min wd	Run 20min + drills then 8 x 75 sec hill repeats mod up/easy down + 15-20min wd
THURSDAY	Strength (wts or class) + Cardio (run or other)	Quality strength + easy-mod endurance	Improving Strength + endurance	Strength + optional 30-40min cardio	Strength + optional 50-60 min cardio	Strength + optional 50-60 min cardio	Strength + optional 50-60 min cardio	Strength + optional 50-60 min cardio	Strength + optional 50-60 min cardio	Strength + optional 50-60 min cardio
FRIDAY	Off Day	Regeneration	Regeneration	OFF DAY	OFF DAY	OFF DAY	OFF DAY	OFF DAY	OFF DAY	OFF DAY

Glossary

Intensity Saturday Long slow distance runs. To be completed at low to moderate intensity.
 Sunday Generally low to medium
 Monday Medium to occasional high focus on running efficiency, for
 Wednesday Medium to occasional high focus on running efficiency, for

Strength Core Cardio Hill Training Speed Training Appropriate exercises include: strength training, core workout, yoga, crossfit for runners, See the Canada Get Fit on line resources for sample core exercise (bridge, side bridge, V-sit) Appropriate alternative cross training exercises include: Non-impact aerobic exercises such as 1/week per weekly instructions.
 Tempo Run: 20 minutes of steady running at threshold pace. The pace at which the body reaches a Steady State: You should be able to run at this pace for 25 to 75 minutes, at a steady-state maximum heart rate.

Drills Benchmark Activity Rest Time Trials Focus/Phases Off A's B's & C's see the Canada Get Fit online resources for example of drills
 Simulate all aspects of race including pace, intensity, clothes & evolving strategy
 Activity to be completed
 Core believe of CGF
 Push hard to see what your body is capable of doing - short runs
 Early fitness, recovery, build endurance, long run transition, distance endurance, taper
 Rest. Limit activity to ensure body has adequate opportunity to recover and reduce potential

LOCATION Start location for the first 5 weeks has been set and other locations will be introduced based on location coordinates



HALF MARATHON PROGRAM				BENCHMARK (LONG RUN + RACE PACE)	50 MIN DISTANCE T.T.	LABOUR DAY EASY LONG RUN	GRAND FONDO EASY LONG RUN	EASY LONG RUN	RACE SIMULATION
				16	17	18	19	20	21
				19-Aug	26-Aug	02-Sep	09-Sep	16-Sep	23-Sep
DAY	ACTIVITY	INTENSITY	FOCUS	DISTANCE ENDURANCE	RECOVERY/ REGENERATION	DISTANCE ENDURANCE	DISTANCE ENDURANCE	DISTANCE ENDURANCE	SIMULATION FOR RACE
SATURDAY	Group Long Run + optional extra	Generally Low except races + Sims	Easy long run endurance	Run 17K (15K @race pace)	wu/wd 15 min + 50mm TT	Easy 18K	Easy 19K	Run 20K (15K @race pace)	23K (overdistance)
SUNDAY	Non-Run Cardio Day + core work	Generally low to medium	Pure endurance + core/stretch	90 min easy cardio + core	Easy 60 min cardio + core	90 min easy cardio + core	90 min easy cardio + core	90 min easy cardio + core	Easy 60 min cardio + core
MONDAY	Run Tempo + drills + optional core	Medium + occasional high	Run Efficiency + drills	Run 20 min + drills then 2 x (10min @ 1/2 mar pace / 5min easy)	Run 50 - 60 min easy + drills	Run 20min + drills then 2 x (10min @ 1/2 Mar. pace / 5min easy)	Run 60min with some pickups	Run 20 min + drills then 2 x (10min @ 1/2 mar pace / 5min easy)	Run 50-60min easy + drills
TUESDAY	Strength (wts or class) + optional cardio work	Quality strength + easy-mod endurance	Improving Strength + endurance	Strength + optional 50-60 min cardio	Strength + optional 50-60 min cardio	Strength + optional 50-60 min cardio	Strength + optional 50-60 min cardio	Strength + optional 50-60 min cardio	OFF DAY
WEDNESDAY	Speedier Run or Hill Work + optional core	Medium to occasional high	Improving Run Efficiency + core	Run 20min then 6-8 x 75 sec hill repeats mod up/easy down + 15min wd	Run 60 min fartlek	Run 20min then 6-8 x 75 sec hill repeats mod up/easy down + 15min wd	Run 20min then 6-8 x 75 sec hill repeats mod up/easy down + 15min wd	Run 20min then 6-8 x 75 sec hill repeats mod up/easy down + 15min wd	Run 50min with 3-4 hill repeats
THURSDAY	Strength (wts or class) + Cardio (run or other)	Quality strength + easy-mod endurance	Improving Strength + endurance	Strength + optional 50-60 min cardio	Strength + optional 50-60 min cardio	Strength + optional 50-60 min cardio	Strength + optional 50-60 min cardio	Strength + optional 50-60 min cardio	Strength + optional 50-60 min cardio
FRIDAY	Off Day	Regeneration	Regeneration	OFF DAY	OFF DAY	OFF DAY	OFF DAY	OFF DAY	OFF DAY

Glossary

Intensity Saturday Long slow distance runs. To be completed at low to moderate intensity.
 Sunday Generally low to medium
 Monday Medium to occasional high focus on running efficiency, for
 Wednesday Medium to occasional high focus on running efficiency, for

Strength Appropriate exercises include: strength training, core workout, yoga, crossfit for runners,
Core See the Canada Get Fit on line resources for sample core exercise (bridge, side bridge, V-sit)
Cardio Appropriate alternative cross training exercises include: Non-impact aerobic exercises such as
Hill Training 1/week per weekly instructions.
Speed Training Tempo Run: 20 minutes of steady running at threshold pace. The pace at which the body
 Steady State: You should be able to run at this pace for 25 to 75 minutes, a steady-state maximum heart rate.

Drills A's B's & C's see the Canada Get Fit online resources for example of drills
Benchmark Simulate all aspects of race including pace, intensity, clothes & evolving strategy
Activity Activity to be completed
Rest Core believe of CGF
Time Trials Push hard to see what your body is capable of doing - short runs
Focus/Phases Early fitness, recovery, build endurance, long run transition, distance endurance, taper
Off Rest. Limit activity to ensure body has adequate opportunity to recover and reduce potent

LOCATION Start location for the first 5 weeks has been set and other locations will be introduced based on location conditions



PRE RACE	THANKSGIVING PRE RACE	PRE RACE	RACE WEEKEND SCOTIA BANK HALF MARATHON
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22	23	24	25
30-Sep	07-Oct	14-Oct	21-Oct

HALF MARATHON PROGRAM

DAY	ACTIVITY	INTENSITY	FOCUS	TAPER INTO RACE	TAPER INTO RACE	TAPER INTO RACE	RACE + RECOVERY
SATURDAY	Group Long Run + optional extra	Generally Low except races + Sims	Easy long run endurance	Easy 18K	10K (5K easy then 5K @ 1/2 marathon pace)	Jog 10-15min easy	Jog 10-15min easy
SUNDAY	Non-Run Cardio Day + core work	Generally low to medium	Pure endurance + core/stretch	90 min easy cardio + core	Easy 60 min cardio + core	Race Day	Race Day
MONDAY	Run Tempo + drills + optional core	Medium + occasional high	Run Efficiency + drills	Run 15 min + drills then 3 x (10min @ 1/2 mar pace / 5 min easy)	Run 20min easy then 10min @ 1/2 mar pace then 10min wd.	Easy 30min recovery non impact	Easy 30min recovery non impact
TUESDAY	Strength (wts or class) + optional cardio work	Quality strength + easy-mod endurance	Improving Strength + endurance	Strength + optional 50-60 min cardio	OFF DAY	OFF DAY	OFF DAY
WEDNESDAY	Speedier Run or Hill Work + optional core	Medium to occasional high	Improving Run Efficiency + core	Run 50 min with 3 - 4 hill repeats	30min easy group run	Easy 40min jog and stretch	Easy 40min jog and stretch
THURSDAY	Strength (wts or class) + Cardio (run or other)	Quality strength + easy-mod endurance	Improving Strength + endurance	Strength + optional 50-60 min cardio	Run 20min easy strides	Easy strength program	Easy strength program
FRIDAY	Off Day	Regeneration	Regeneration	OFF DAY	OFF DAY		

Glossary

Intensity
 Saturday Long slow distance runs. To be completed at low to moderate intensity.
 Sunday Generally low to medium intensity.
 Monday Medium to occasional high focus on running efficiency, for runners.
 Wednesday Medium to occasional high focus on running efficiency, for runners.

Strength
 Appropriate exercises include: strength training, core workout, yoga, crossfit for runners.

Core
 See the Canada Get Fit on line resources for sample core exercise (bridge, side bridge, V-sit).

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

Hill Training
 Tempo Run: 20 minutes of steady running at threshold pace. The pace at which the body is in a steady state. You should be able to run at this pace for 25 to 75 minutes, at a steady-state maximum heart rate.

Speed Training
 Appropriate exercises include: strength training, core workout, yoga, crossfit for runners.

Drills
 A's B's & C's see the Canada Get Fit online resources for example of drills.

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

Activity
 Activity to be completed.

Rest
 Core believe of CGF.

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

Focus/Phases
 Early fitness, recovery, build endurance, long run transition, distance endurance, taper.

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

LOCATION
 Start location for the first 5 weeks has been set and other locations will be introduced based on location convenience.