



Calgary Police Half Marathon **10km Training Plan: for Novice runners (10 weeks)**

Dear Runner,

Thank you for signing up for the Calgary Police Half Marathon 10km race. Below you will find a training plan that will allow you to train smartly and build slowly so that come race day you will be ready to tackle the 10km distance and reach a hard-earned goal.

A few things you need to know about this plan before you begin. While this plan is for beginners you will want to have a good level of fitness going in and it is highly recommended that you are running a few times per week before beginning this 10 week plan. You will run 3 times per week. This plan is built with manageable and incremental increases in running distance and time. Giving your body a little longer to adjust to the weekly increments will allow for growth while lessening any chance of injury. None of these runs have scheduled “walk breaks” but if you feel tired or need a break take one. Don’t stop completely, if possible, try to walk to recover. Please try to never run on “back to back” days. This will also allow for optimum recovery days from the impact of running. You may find that you miss a run or two due to “life happening”. That’s ok. Don’t be too hard on yourself. My advice is to just try to not miss 2 run sessions in a row.

A key component to training in Calgary over the winter/spring is the proper footwear and clothing. Let the experts at **The Tech Shop** help you with all of your running needs. There are two locations in Calgary for your convenience: Britannia location - 819 49th Ave SW and the North location - 3855 19th St NW. Get fitted for a proper running shoe and one that is right for you. Your shoes may look brand new but they may have a lot of miles on them. The easiest route to injury is improper footwear. And with short days and weather that changes every 15 minutes you will want to be prepared for anything so having the proper outerwear is crucial.

You should aim to keep your RPE or rate of perceived exertion to around a 4 (out of 10) for all of your runs, unless otherwise specified. This may take some time but that should always be your goal. Your first run, and subsequent few, may seem tough but aim to run at that 4 RPE, or think of a pace where you could carry a conversation, and the runs will gradually get easier.

Enjoy it! Take your time with it! Maybe take pictures along your run to enjoy the beauty in nature. We would love if you do post your training on social media to follow and tag us on Instagram: @calgarypolicehalf @thetechshopca and @justrunyyc so we can follow along with you in your amazing running journey.

As with all new exercise programs you should consult your physician first if you have any questions or concerns.

Training plan courtesy of JustRunYYC


Enjoy,

Donny Marchuk
@donnymarchuk @justrunyyc
Online Run Coach

*JustRunYYC is a Calgary based run coaching company

Program Start Date: February 17, 2020

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
FEB 17 to FEB 23	30 minute walk to Stretch and do BW STRENGTH TRAINING **see below training plan for list of runner specific BW exercises	15 min Easy Run	30 minutes at home Yoga / Stretching	25min Easy Run + STRENGTH TRAINING	REST DAY	5km Long Run	Active Rest
FEB 24 to MARCH 1	STRENGTH TRAINING	20 min Easy Run	30 minutes at home Yoga / Stretching	25min Easy Run + STRENGTH TRAINING	REST DAY	6km Long Run	Active Rest
MARCH 2 to MARCH 8	STRENGTH TRAINING	20 min Easy Run	30 minutes at home Yoga / Stretching	25min Easy Run + STRENGTH TRAINING	REST DAY	5km Long Run	Active Rest
MARCH 9 to MARCH 15	STRENGTH TRAINING	20 min Easy Run	30 minutes at home Yoga / Stretching	30min Easy Run + STRENGTH TRAINING	REST DAY	7km Long Run	Active Rest
MARCH 16 to MARCH 22	STRENGTH TRAINING	3 min Easy 4 min Tempo 5 min Easy 4 min Tempo 3 min Easy	30 minutes at home Yoga / Stretching	30min Easy Run + STRENGTH TRAINING	REST DAY	8km Long Run	Active Rest
MARCH 23 to MARCH 29	STRENGTH TRAINING	20 min Easy Run	30 minutes at home Yoga / Stretching	30min Easy Run + STRENGTH TRAINING	REST DAY	6km Long Run	Active Rest
MARCH 30 to APRIL 5	STRENGTH TRAINING	4 min Easy 5 min Tempo 6 min Easy 5 min Tempo 4 min Easy	30 minutes at home Yoga / Stretching	35min Easy Run + STRENGTH TRAINING	REST DAY	9km Long Run	Active Rest

APRIL 6 to APRIL 12	STRENGTH TRAINING	20 min Easy Run	30 minutes at home Yoga / Stretching	35min Easy Run + STRENGTH TRAINING	REST DAY	10km Long Run	Active Rest
APRIL 13 to APRIL 19	STRENGTH TRAINING	20 min Easy Run	30 minutes at home Yoga / Stretching	35min Easy Run + STRENGTH TRAINING	REST DAY	7km Long Run	Active Rest
APRIL 20 to APRIL 26	STRENGTH TRAINING	4 min Easy 5 min Tempo 6 min Easy 5 min Tempo 4 min Easy	30 minutes at home Yoga / Stretching	15 min Easy Run 6 sets of 100m strides***	REST DAY	15-20 min shake out jog continuous. Super easy pace <3 on RPE	

To start each run I would recommend a minimum of 5 minute 'walking warm up' to loosen up your body. Then SSR: stop, stretch and recover you Heart Rate before commencing your run.

Time permitting stretch for 10-15 minutes after each run session

Tempo pace - think of taking your RPE to an 8 out of 10. A challenging pace. You want to elevate your heart rate but not 'empty your tank'.

Active Rest - anything active that doesn't involve running, ie. walking, hiking, swimming, cross training

**Strength Training exercises:

Complete the following exercises in a 30 to 40 minute training session. Working on proper form and aiming for 12-15 reps on strength exercises and start with 30 seconds and work upwards on any plank exercises.

Forearm or Push Up position Plank (option to complete on knees)
 Hip Bridges
 BW Squats
 Alt. Reverse Lunges
 Alt. Lateral Lunges
 Bird Dog
 Clam Shells
 Side Plank (option to complete with bent bottom leg)

***Strides - over 100metres gradually pick up your pace until you finish at ~9/10 out of 10 RPE. Take a minute to walk recover and repeat