



Calgary Police Half Marathon “Virtual Edition” 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. ***Races have switched to virtual but your goals are still as real as ever! So let's go crush some goals...together!***

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 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. As for clothing, weather can change so quickly in Calgary (or anywhere in Canada where you may find yourself training) that you want to have a few types of layers and options to choose from (again, your local experts at The Tech Shop would love to help) . I believe that as long as you have the proper clothing you can train in any weather condition. With warm weather though it can be easy to overheat so plan your outfit or accessories ahead of time. Don't forget the sunscreen. Wear a hat when possible and hydrate before, during, and after your runs.

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.

If you are reading this plan and it is well before the July 12th start date, and you are wanting to follow this plan try and get out for 1-2 runs per week minimum in advance of your start date. Don't worry



about pace or time but try to be on your feet for anywhere between 15-25minutes,whether that is running, jogging or run/walking.

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

*JustRunYYC is a Calgary based run coaching company



Program Start Date: July 12th, 2020

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
JUL 12 to JUL 18	30 minute walk 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
JUL 19 to JULY 25	STRENGTH TRAINING	20 min Easy Run	30 minutes at home Yoga / Stretching	25min Easy Run + STRENGTH TRAINING	REST DAY	6km Long Run	Active Rest
JULY 26 to AUG 1	STRENGTH TRAINING	20 min Easy Run	30 minutes at home Yoga / Stretching	25min Easy Run + STRENGTH TRAINING	REST DAY	5km Long Run	Active Rest
AUG 2 to AUG 8	STRENGTH TRAINING	20 min Easy Run	30 minutes at home Yoga / Stretching	30min Easy Run + STRENGTH TRAINING	REST DAY	7km Long Run	Active Rest
AUG 9 to AUG 15	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
AUG 16 to AUG 22	STRENGTH TRAINING	20 min Easy Run	30 minutes at home Yoga / Stretching	30min Easy Run + STRENGTH TRAINING	REST DAY	6km Long Run	Active Rest
AUG 23 to AUG 29	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
AUG 30 to SEP 5	STRENGTH TRAINING	20 min Easy Run	30 minutes at home Yoga / Stretching	35min Easy Run + STRENGTH TRAINING	REST DAY	10km Long Run	Active Rest
SEP 6 to	STRENGTH TRAINING	20 min Easy Run	30 minutes at home Yoga /	35min Easy Run	REST DAY	7km Long Run	Active Rest



SEP 12			Stretching	+ STRENGTH TRAINING			
SEP 13 to SEP 19	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 *Note: Virtual runs can be done from today until Sep 30th)	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. BW = Body Weight

- Forearm or Push Up position Plank (option to complete on knees)
- Hip Bridges
- BW Squats (or single leg 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