



Calgary Police Half Marathon “Virtual Edition” 21.1km Training Plan: for Novices (12 weeks)

Dear Runner,

Thank you for signing up for the Calgary Police Half Marathon 21.1km 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 half marathon 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. The half marathon should not be tackled without any previous running experience. While this may be your first half marathon, or you are wanting a more structured plan, you will have to have built a good level of fitness and have been running for a few months prior to starting this plan. You will run 4 times per week (week one only 3 times). 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. 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.

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 @justrunyc 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: JUNE 28th, 2020

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
JUN 28 to JUL 4	20 minute Easy Run	30 minutes at home Yoga / Stretching	REST DAY	7km Run	STRENGTH TRAINING **see below training plan for list of runner specific BW exercises	Active Rest	11km Long Run 3-4 RPE out of 10
JUL 5 to JUL 11	5km Recovery Run RPE 3 or less	30 minutes at home Yoga / Stretching	7km Base Pace Run RPE of 5-7 out of 10	REST DAY	6km Easy Run + STRENGTH TRAINING	Active Rest	12.5km Long Run
JUL 12 to JUL 18	5km Recovery Run	30 minutes at home Yoga / Stretching	7km Base Pace Run	REST DAY	6km Easy Run + STRENGTH TRAINING	Active Rest	10km Long Run
JUL 19 to JULY 25	5km Recovery Run	30 minutes at home Yoga / Stretching	7km Base Pace Run	REST DAY	6km Easy Run + STRENGTH TRAINING	Active Rest	14km Long Run
JULY 26 to AUG 1	5km Recovery Run	30 minutes at home Yoga / Stretching	REST DAY	5 min Easy Pace 5 x 1000m repeats @perceived 10km race pace 90sec walking recovery between sets 5 min walking cool down	6km Base Pace Run + STRENGTH TRAINING	REST DAY	15.5km Long Run
AUG 2 to AUG 8	5km Recovery Run	30 minutes at home Yoga / Stretching	8km Base Pace Run	REST DAY	7km Base Pace Run + STRENGTH TRAINING	Active Rest	17km Long Run
AUG 9 to AUG 15	5km Recovery Run	30 minutes at home Yoga / Stretching	8km Base Pace Run	REST DAY	7km Base Pace Run + STRENGTH TRAINING	Active Rest	12km Long Run
AUG 16 to AUG 22	5km Recovery Run	30 minutes at home Yoga / Stretching	9km Base Pace Run	REST DAY	7km Base Pace Run +	Active Rest	18.5km Long Run



					STRENGTH TRAINING		
AUG 23 to AUG 29	5km Recovery Run	30 minutes at home Yoga / Stretching	REST DAY	5 min Easy Pace 7 x 1000m repeats @perceived 10km race pace 90sec walking recovery between sets 5 min walking cool down	6km Base Pace Run + STRENGTH TRAINING	REST DAY	20.5km Long Run
AUG 30 to SEP 5	5km Recovery Run	30 minutes at home Yoga / Stretching	9km Base Pace Run	35min Easy Run + STRENGTH TRAINING	7km Base Pace Run + STRENGTH TRAINING	Active Rest	22km Long Run
SEP 6 to SEP 12	5km Recovery Run	30 minutes at home Yoga / Stretching	10km Base Pace Run	35min Easy Run + STRENGTH TRAINING	7km Base Pace Run + STRENGTH TRAINING	Active Rest	15km Long Run
SEP 13 to SEP 19	5km Recovery Run	8km Easy Run	30 minutes at home Yoga / Stretching	2km Warm up 6 x 400m intervals at an 8-9 RPE 5 min walk CD	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)

