

Taining

Guide

This training guide was created by Rob Watson. A 4×Canadian National Champion, 9×Canadian National Team member, and proud lululemon ambassador.



Training Terms

Easy Run Pace

You'll spend most of your training at this pace: "easy" or "aerobic". 90-95% of your 10 km race is aerobic. Easy running is a comfortable, conversational pace and can vary daily, depending on how you're feeling. You should never feel like you are "pushing" to hit paces on easy runs.

Tempo Run

Get comfortable feeling uncomfortable. Tempo runs should feel comfortably hard. They're done at an effort level at which your body is able to clear as much lactate as it produces. The general rule of thumb is that tempo pace is the pace that you could hold for a 60 min race.

Interval Training Paces

Interval pace is a speed you can maintain for 10-15 minutes at max effort. Intervals are shorter reps with a bigger rest ratio. Pace is faster than 10 km race pace and each rep should burn.

Strides

They're short 15-25 second sprints that loosen up your body and get it ready to go fast. They're done in sets of 4-10 and start at 5 km race pace and work up to 10 km race pace. Strides can be done before or after a run, or at the end of your warm up.



Hill work is a fairly low impact way to increase power, increase running economy and build speed. Longer hill reps can be great to help build power, while shorter reps will develop speed and power. Hills also burn. They'll make you tough.

Warm Up

The purpose of the warm-up is to get the muscles warm, the blood flowing and to loosen up the legs. It can be as slow as you need it to be.

Cool Down

During your run you accumulated lactate in the legs. A slow jogs keeps the blood moving to your tired muscles and helps start the recovery process. Slow and easy is the name of the game.

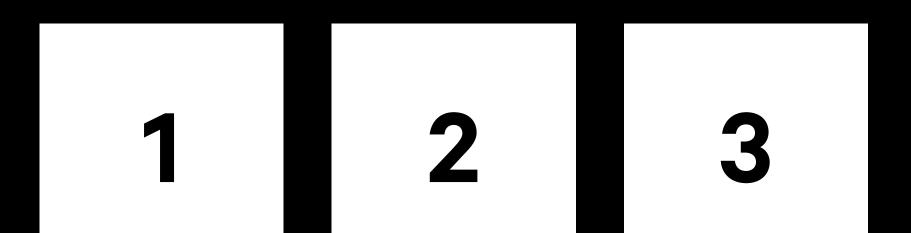
Long Run

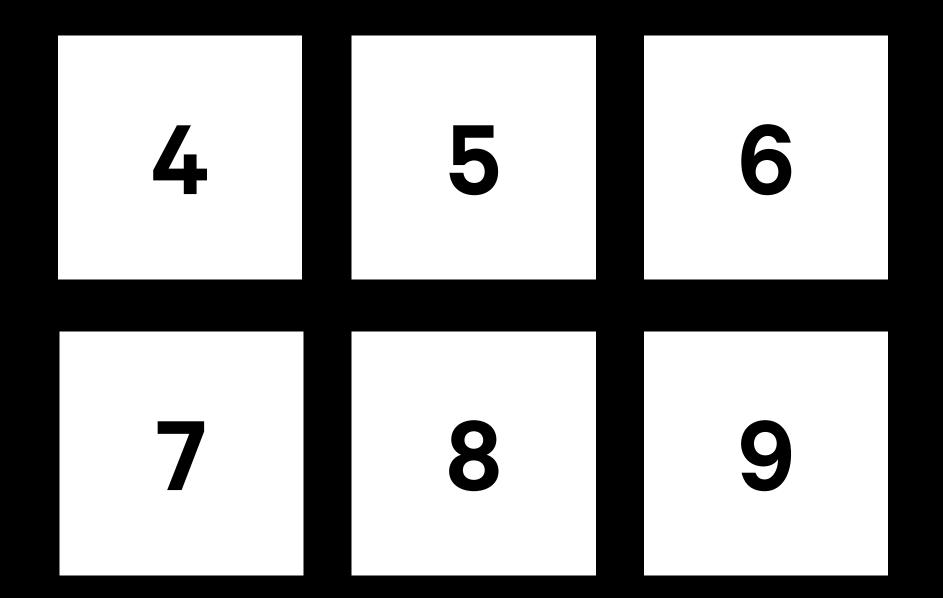
Long runs are some of the most important runs you'll do. Every training plan, no matter the distance, will incorporate a weekly long run. These runs range from 60 min-3 hrs based on your fitness level and racing goals. They increase your endurance and aerobic capacity, improve your cardiovascular system's efficiency, and increase your body's ability store fuel by increasing the amount of glycogen stored in your muscles and liver.

Yoga

Runners are generally pretty tight, especially in our hips, hamstrings, and calves. Runners usually have weak glutes. So, yoga is a great way to increase mobility and add some strength in a non-impactful, relatively stressfree way. Pigeon pose and Warrior sequence are great for your hips and quads. Downward dog hits the calves and hamstrings.

Goto Week:







Mindful / Mental Prep

Set an intention for the week, write down your goals and remind yourself of your purpose with your running.

Easy Run / Walk J

2-3 km

Walk as much as you like, goal is distance, not time.

V E D

Workout

8×30 sec on, 60 sec jog between each.

Yoga

2 **Rest Day** LL

Easy Run SAT

2-3 km

Walk as much as you like. The goal is distance, not time.

Z D ູ

Rest Day







N E D

Mindful / Mental Prep

Set an intention for the week, write down your goals and remind yourself of your purpose with your running.

Easy Run / Walk ТUЕ

2-3 km

Walk as much as you like. The goal is distance, not time.

Workout

3×30 sec on, 30 sec jog

2 min rest

2×60 sec on, 60 sec jog

2 min rest

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	2×90 sec on, 90 sec jog
D H H	Yoga
ц Ц	Rest Day
SAT	Easy Run 3 km
SUR	Rest Day





Mindful / Mental Prep

Set an intention for the week, write down your goals and remind yourself of your purpose with your running.

TUE Easy Run / Walk 2-4 km

ш Х

Workout 6×30-40 sec hills

Yoga

R **Rest Day** LL

Tempo Run SAT

5×2 min at tempo 90 sec walk rest

N N S

Long Run 3-4 km







Z O Z

Mindful / Mental Prep

Set an intention for the week, write down your goals and remind yourself of your purpose with your running.

Easy Run / Walk 2-4 km

X E D

Workout

3×1 km at goal 5 km pace 90 sec walk recovery between each



Yoga

Rest Day

Easy Run 2-3 km

SUN

Long Run 3-4 km







Z N N

Mindful / Mental Prep

Set an intention for the week, write down your goals and remind yourself of your purpose with your running.

ШEasy Run / WalkЭ3-4 km4×strides

NED

Workout

2×1km, 400m at 400m at race pace 60 sec rest between reps 90 sec rest between sets



Yoga

Rest Day

Hills 8×45 sec hills

SUN

Long Run 4-7 km







Mindful / Mental Prep

Set an intention for the week, write down your goals and remind yourself of your purpose with your running.

TUE

Easy Run 3-4 km

ш Х

Workout

1 km, 2 km, 1 km at goal 5 km pace 2 min walk recovery

Yoga

2 **Rest Day** ш

Easy Run SAT

3-4 km

Through out your run, complete 8×30 sec at 5 km pace.

N N S

Long Run 5-8 km





Mindful / Mental Prep

Set an intention for the week, write down your goals and remind yourself of your purpose with your running.

ЧUЕ

Easy Run

4-5 km w/ 5×strides

MED

Workout

1×800 m, 200 m, 600 m, 200 m, 400 m, 200 m at interval pace 200 m recovery jog between each



Yoga

Rest Day

Easy Run 3-5 km

SUN

Long Run

2 km easy 4 km at tempo pace 2 km easy







Mindful / Mental Prep

Set an intention for the week, write down your goals and remind yourself of your purpose with your running.

ТUЕ

Easy Run 3-5 km

X E D

THU

Workout

1 km at interval pace

- 3 km at race pace
- 500 m at interval pace

2 min walk recovery between each



Yoga

Rest Day

Easy Run 3-5 km

> **Long Run** 6 km



Week 9

N N M

Mindful / Mental Prep

Set an intention for the week, write down your goals and remind yourself of your purpose with your running.

Easy Run Ш П

3-4 km

5×strides

Ш Х

Workout

2×1 km at goal race pace, 90 sec rest 4×400 at below goal race pace

Yoga

2 **Rest Day** ш

Easy Run SAT

3 km Get ready to jam!

N N S

Race



