



WHISTLERHALFMARATHON

Winter Preparation Plan



This information is for anyone signed up to run the North Face Whistler Half Marathon but it is specific to runners signed up for the Whistler Half Marathon Run Clinic which starts Mar. 20, 2014. All half marathon training clinic participants will get the most benefit from their training if they start off the clinic being able to run or run walk/up to 8km. Great News!! You have 10 weeks from Jan. 6- Mar. 16 to build up your mileage and prepare your body!

If you have not run through the winter then start off slowly with a walk/run. The intervals can vary from 1-9 min of running and 1-3mins. or more of walking. If you have been running one time per week continue with that and add in another run that incorporates some interval training. If you have continued your running throughout the winter now is also a good time to add in some interval training.

Options for winter running include the treadmill, water running, outdoor running with Yak Trax, snowshoe running and driving to somewhere where there is no snow on the ground and going for a trail or road run. If you are rehabbing an injury water running and the elliptical trainer (no arms) are also a good for a non impact environment.

Sample run training plan:

B-beginner I-intermediate E- experienced

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
B- 10min run/walk	Cross train	OFF	Cross train	B-20min Run /walk	off	B-walk 30min+
I-30min run-Recovery run	Cross train	I- 30min run or walk	I- intervals	Cross train	I-long slow distance	OFF
A-30-1hr run recovery	Cross train	A- intervals	A-30min recovery run or day OFF	Cross train	A-tempo run	A-long slow distance



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For your intervals start off slowly, that means that your intervals do not have to be long but focus on increasing your leg speed. Great indoor treadmill workout.

If you are running outside make sure the ground is not icy as it is easy to pull something.

10 weeks Jan 6- Mar 16, 2014	Beginner	Intermediate – long or tempo run	Advanced – this can be your tempo run!
Week 1	1-2km	2-4km	5km
Week 2	2-3km	3-4km	6km
Week 3	3-4km	4-5km	7km
Week 4	4-5km	5-6km	8km
Week 5	5-6km	6-7km	9km
Week 6	6-7km	7-8km	10km
Week 7	7-8km	8-9km	11km
Week 8	7-8km	9-10km	12km
Week 9	8-9km	9-10km	13.5km
Week 10	9-10km	10-12km	15km

Check out BC Athletics for ongoing run races throughout the winter

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