

Kindly Prepared by Coach Christine Suter

10 km 2020

(First week of the 12 week program starts Monday March 16th.)

Estimated long run distances for Beginner Intermediate and Advanced Runners

Weeks	Beginner	Intermediate	Advanced
1	1-2km	5km	8 km
2	2-3km	6km	9-10km
3	3-4km	7km	10-11km
4	4-5km	8km	11-12km
5	5-6km	9km	12-13km
6	6-7km	10km	13-14km
7	7-8km	11km	14-15km
8	8-9km	12km	15km
9	10-11km	12-13km	15km
10	11-12km	12km	12km
11	7-8km	8km	10km
12	5km	5km	7km

The Beginner Program is geared towards a person new to running.

The Intermediate Program is for someone who has run before but may have not been training through the winter.

The Advanced Program is for people with running experience and a good base but are wanting to push themselves past their previous levels.

Sample Run Week

Monday	Tuesday	Wed	Thurs	Friday	Saturday	Sunday
Easy Recovery run or walk 30mins	Long run/walk 1hr	OFF Running Cross Training	Interval Train	OFF Running Cross Training	Long Run	OFF- Legs off Day

Cross Training can include Strength/Weight Training, Biking, cross country skiing, swimming. Adding in yoga for flexibility and relaxation is also beneficial. If you know you have weak areas on your body that are affected by running a strength training program to target these specific areas will help.

Day OFF you need one day per week that you completely take off your feet and legs to allow them to recover

Stretching it is recommended that you stretch after your runs – this can be dynamic stretching where you are incorporating movement into your stretching or static where you are holding a specific stretch for a certain amount of time

Foam Rolling rolling out your legs on a foam roller is highly recommended as it helps to break down any adhesions that may start to form