



**Calgary Police Half Marathon “Virtual Edition”**  
**5km Training Plan: for beginners (8 weeks)**

Dear Runner,

Thank you for signing up for the Calgary Police Half Marathon 5km 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 5km 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. No prior experience is needed. The plan below can be used by anyone new to running or to anyone who could use a little structure and a plan to get to the start line as prepared as possible. Giving your body a little longer to adjust to the weekly increments will allow for growth while lessening any chance of injury. 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.

This program is a run/walk combo. This will allow you to build in small increments. You should aim to keep your RPE or rate of perceived exertion to around a 4 (out of 10) for all of your runs. 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: July 26th, 2020

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
JULY 26 to AUG 1	*5min walk WU and SSR (see below training plan)  Run 1 min, Walk 1 min 8 sets	30 minutes at home Yoga / Stretching	REST DAY	Run 2 min, Walk 2 min 4 sets	STRENGTH TRAINING  **see below training plan for list of runner specific BW exercises	Run 3 min, Walk 2 min 4 sets	Active Rest
AUG 2 to AUG 8	Run 4 min, Walk 3 min 3 sets	30 minutes at home Yoga / Stretching	REST DAY	Run 4 min, Walk 2 min 3 sets	STRENGTH TRAINING	Run 4 min, Walk 2 min 4 sets	Active Rest
AUG 9 to AUG 15	Run 5 min, Walk 3 min 3 sets	30 minutes at home Yoga / Stretching	REST DAY	Run 5 min, Walk 2 min 3 sets	STRENGTH TRAINING	Run 5 min, Walk 2 min 4 sets	Active Rest
AUG 16 to AUG 22	Run 6 min, Walk 3 min 3 sets	30 minutes at home Yoga / Stretching	REST DAY	Run 6 min, Walk 2 min 3 sets	STRENGTH TRAINING	Run 6 min, Walk 2 min 4 sets	Active Rest
AUG 23 to AUG 29	Run 7 min, Walk 3 min 3 sets	30 minutes at home Yoga / Stretching	REST DAY	Run 7 min, Walk 2 min 3 sets	STRENGTH TRAINING	Run 7 min, Walk 2 min 4 sets	Active Rest
AUG 30 to SEP 5	Run 8 min, Walk 3 min 3 sets	30 minutes at home Yoga / Stretching	REST DAY	Run 8 min, Walk 2 min 3 sets	STRENGTH TRAINING	Run 8 min, Walk 2 min* 4 sets  *Decreased walk to 1 min	Active Rest
SEP 6 to SEP 12	Run 9 min, Walk 3 min 3 sets	30 minutes at home Yoga / Stretching	REST DAY	Run 9 min, Walk 2 min 3 sets	STRENGTH TRAINING	Run 9 min, Walk 1 min 4 sets	Active Rest
SEP 13 to SEP 19	Run 10 min, Walk 2 min 3 sets	30 minutes at home Yoga / Stretching	REST DAY	Walk 5 Run 15 Walk 5  3 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

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 out of 10 RPE. Take a minute to walk recover and repeat