



Calgary Police Half Marathon
10km Training Plan: for Novice runners (10 weeks)

Race Date: October 6th, 2024

Training Start Date: July 24th, 2024
10 week plan

Dear Runner,

Thank you for signing up for the Calgary Police Half Marathon 10km 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 10km distance and reach a hard earned goal.

A few things you need to know about this plan before you begin. While this plan is for beginners you will want to have a good level of fitness going in and it is highly recommended that you are running a few times per week before beginning this 10 week plan. You will run 3 times per week. 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. None of these runs have scheduled “walk breaks” but if you feel tired or need a break take one. Don’t stop completely, if possible, try to walk to recover. 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.



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.

If you are reading this plan and it is well before the July 24th start date, and you are wanting to follow this plan try and get out for 2-3 runs per week minimum in advance of your start date. Don't worry about pace or time but try to be on your feet for anywhere between 15-25 minutes, whether that is running, jogging or run/walking.

Enjoy it! Take your time with it! Maybe take pictures along your run to enjoy the beauty in nature. We would love it if you post your training on social media to follow and tag us on Instagram: @calgarypolicehalf @thetechshopca and @justrunyyc 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
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Online Run Coach
JustRunYYC

*JustRunYYC is a Calgary based run coaching company



Program Start Date: JULY 29th, 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
JUL 29 to AUG 4	30 minute walk Stretch and do BW STRENGTH TRAINING **see below training plan for list of runner specific BW exercises	15 min Easy Run	30 minutes at home Yoga / Stretching	25 min Easy Run + STRENGTH TRAINING	REST DAY	5km Long Run	Active Rest
AUG 5 to AUG 11	STRENGTH TRAINING	20 min Easy Run	30 minutes at home Yoga / Stretching	25 min Easy Run + STRENGTH TRAINING	REST DAY	6 km Long Run	Active Rest
AUG 12 to AUG 18	STRENGTH TRAINING	20 min Easy Run	30 minutes at home Yoga / Stretching	25 min Easy Run + STRENGTH TRAINING	REST DAY	5 km Long Run	Active Rest
AUG 19 to AUG 25	STRENGTH TRAINING	20 min Easy Run	30 minutes at home Yoga / Stretching	30 min Easy Run + STRENGTH TRAINING	REST DAY	7 km Long Run	Active Rest
AUG 26 to SEP 1	STRENGTH TRAINING	3 min Easy 4 min Tempo 5 min Easy 4 min Tempo 3 min Easy Or 20 min Easy Run	30 minutes at home Yoga / Stretching	30 min Easy Run + STRENGTH TRAINING	REST DAY	8 km Long Run	Active Rest
SEP 2 to SEP 8	STRENGTH TRAINING	20 min Easy Run	30 minutes at home Yoga / Stretching	30 min Easy Run + STRENGTH TRAINING	REST DAY	6 km Long Run	Active Rest
SEP 9 to SEP 15	STRENGTH TRAINING	4 min Easy 5 min Tempo 6 min Easy 5 min Tempo 4 min Easy Or 24 min Easy Run	30 minutes at home Yoga / Stretching	35 min Easy Run + STRENGTH TRAINING	REST DAY	9 km Long Run	Active Rest
SEP 16 to SEP 22	STRENGTH TRAINING	20 min Easy Run	30 minutes at home Yoga / Stretching	35 min Easy Run + STRENGTH TRAINING	REST DAY	10 km Long Run	Active Rest



SEP 23 to SEP 29	STRENGTH TRAINING	20 min Easy Run	30 minutes at home Yoga / Stretching	35 min Easy Run + STRENGTH TRAINING	REST DAY	7 km Long Run	Active Rest
SEP 30 to OCT 6	STRENGTH TRAINING	4 min Easy 5 min Tempo 6 min Easy 5 min Tempo 4 min Easy Or 20 min Easy Run	30 minutes at home Yoga / Stretching	15 min Easy Run 6 sets of 100m strides***	REST DAY	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 your 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)

***Strides - over 100 meters gradually pick up your pace until you finish at ~8-9/10 out of 10 RPE. Take a minute to walk recover and repeat