



Calgary Police Half Marathon
10km Training Plan: for Intermediate runners (12 weeks)
Race Date: October 6th, 2024
Training Start Date: July 15th, 2024
12 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 chase a sub 50 min time goal.

A few things you need to know about this plan before you begin. While this plan is for intermediate runners you will want to have a good level of fitness going in and it is highly recommended that you are running at least 3-5 times per week and logging a minimum of 20-30 weekly km's before beginning this 12 week plan. You will run 4-5 times per week. This plan is built with incremental increases in running distance and specific speed workouts to build towards your time goal. When chasing time goals and pushing out of your comfort zone you need to prioritize recovery and not try to "overtrain" on your off days or easy run days. Please also manage the highs and lows. If you are feeling good try to stick with the workouts prescribed and if you aren't feeling it on a specific day(s) just know that these runs make the good ones feel that much better. 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 easy runs, unless otherwise specified. This may take some time but that should always be your goal (think of a pace where you could carry a conversation).

Enjoy the process of training for this time goal in the 10k! Maybe take pictures to document your runs and/or 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 @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
 @donnymarchuk @justrunyyc
 Online Run Coach
 JustRunYYC

*JustRunYYC is a Calgary based run coaching company

Program Start Date: JULY 15th, 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
JUL 15 to JUL 21	5 km Run (Km's 1-4 Easy, km 5 pick up the pace to finish strong)	REST DAY	30 min Easy Pace	40 min Easy Pace	REST DAY	REST DAY	Long Run 8km Easy Pace
JUL 22 to JUL 28	3-4 km Recovery Run (Zone 2 HR run) Plus STRENGTH TRAINING	REST DAY	1 km WU 2 km Tempo (think 70-75% of max pace) 1 km easy pace 1 km Tempo (think 75-80% of max pace) 1 km CD jog	REST DAY	35 min Easy Pace	REST DAY 30 minutes at home Yoga / Stretching	Long Run 9km Easy Pace
JUL 29 to AUG 4	3-4 km Recovery Run (Zone 2 HR run) Plus	REST DAY	30 min Easy Pace	40 min Easy Pace	REST DAY	30 min Hilly Route run	Long Run 10km Easy Pace

	STRENGTH TRAINING						
AUG 5 to AUG 11 Cut back week	3-4 km Recovery Run (Zone 2 HR run) Plus STRENGTH TRAINING	REST DAY	3 x 2km Set 1 at 5:10-30 pace 2 min walk recovery Set 2 at 5:00-5:15 pace 2 min walk recovery Set 3 at 5:00 pace 5 min walking cool down followed by 10 minutes of stretching	REST DAY	30 min Easy Pace	REST DAY 30 minutes at home Yoga / Stretching	Long Run 8km Easy Pace
AUG 12 to AUG 18	3-4 km Recovery Run (Zone 2 HR run) Plus STRENGTH TRAINING	REST DAY	30 min Easy Pace	40 min Easy Pace	REST DAY	35 min Hilly Route run	Long Run 12km Easy Pace
AUG 19 to AUG 25	3-4 km Recovery Run (Zone 2 HR run) Plus STRENGTH TRAINING	REST DAY	2km warm up - easy pace Recover before main workout 5 x 800m @ 5 min/km pace 90 sec walking recovery in between each set 5 min walking cool down followed by 10 minutes of stretching	REST DAY	40 min Easy Pace	REST DAY 30 minutes at home Yoga / Stretching	Long Run 13km Easy Pace
AUG 26 to SEP 1	4-5 km Recovery Run (Zone 2 HR run) Plus STRENGTH TRAINING	REST DAY	35 min Easy Pace	45 min Easy Pace	REST DAY	8km run	Long Run 15km Easy Pace
SEP 2 to SEP 8 Cut back week	4-5 km Recovery Run (Zone 2 HR run) Plus STRENGTH TRAINING	REST DAY	2km warm up - easy pace Recover before main workout 5 x 1 km at 5 min/km pace 2 min jog recovery between each	REST DAY	30 min Easy Pace	REST DAY 30 minutes at home Yoga / Stretching	Long Run 10km Easy Pace

			set (walk if needed) 5 min walking cool down followed by 10 minutes of stretching				
SEP 9 to SEP 15	4-5 km Recovery Run (Zone 2 HR run) Plus STRENGTH TRAINING	REST DAY	5km Tempo run	30 min Easy Pace	REST DAY	40 min Easy Pace	Long Run 15km Easy Pace
SEP 16 to SEP 22	4-5 km Recovery Run (Zone 2 HR run) Plus STRENGTH TRAINING Big week. Focus on recovery and good sleep as much as possible	REST DAY	1km warm up Recover before main workout 8 x 800 m at 4:40-4:45 pace (finishing each set between 4:04 and 4:12) 90 sec walking recovery between each set	REST DAY	*10km Easy Pace Run With fast finish Run the first 7-8km easy but pick up the pace for the last 2-3km	REST DAY 30 minutes at home Yoga / Stretching	Long Run 17km Easy Pace
SEP 23 to SEP 29	4-5 km Recovery Run (Zone 2 HR run)	REST DAY	30 min Easy Pace	*10km run With fast finish Run the first 2km easy, run the next 7 km at goal pace, run the last km easy	REST DAY	40 min Easy Pace	Long Run 9km Easy Pace
SEP 30 to OCT 6	6km Easy	REST DAY	2km Warm Up 4 x 250m repeats @ goal 10k race pace 75 sec rest in between 4 x 100m strides Walk back the 100m for recovery 1k Cool Down	REST DAY	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. Do some glute activation and ABC drills if needed.
- 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'.



- Easy pace - 4 to 5 out of 10 RPE (Rate of Perceived Exertions)
- Active Rest - anything active that doesn't involve running, ie. walking, hiking, swimming, cross training

****Sample 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)