



**Calgary Police Half Marathon**  
**21.1km Training Plan: for Novices (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 21.1km 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 half marathon distance and reach a hard earned goal.

A few things you need to know about this plan before you begin. The half marathon should not be tackled without any previous running experience. While this may be your first half marathon, or you are wanting a more structured plan, you will have to have built a good level of fitness and have been running for a few months prior to starting this plan. You will run 4 times per week (week one only 3 times). 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. 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.

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 @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	20 minute Easy Run	30 minutes at home Yoga / Stretching	REST DAY	7 km Run	STRENGTH TRAINING  **see below training plan for list of runner specific BW exercises	Active Rest	11 km Long Run 3-4 RPE out of 10
JUL 22 to JUL 28	5 km Recovery Run  RPE 3 or less	30 minutes at home Yoga / Stretching	7 km Base Pace Run  RPE of 5-7 out of 10	REST DAY	6 km Easy Run + STRENGTH TRAINING	Active Rest	12.5 km Long Run
JUL 29 to AUG 4	5 km Recovery Run	30 minutes at home Yoga / Stretching	7 km Base Pace Run	REST DAY	6 km Easy Run + STRENGTH TRAINING	Active Rest	10 km Long Run
AUG 5 to AUG 11	5 km Recovery Run	30 minutes at home Yoga / Stretching	7 km Base Pace Run	REST DAY	6 km Easy Run + STRENGTH TRAINING	Active Rest	14 km Long Run
AUG 12 to AUG 18	5 km Recovery Run	30 minutes at home Yoga / Stretching	REST DAY	5 min Easy Pace  5 x 1000m repeats @perceived 10km race pace 90sec walking recovery between sets  5 min walking cool down	6 km Base Pace Run + STRENGTH TRAINING	REST DAY	15.5 km Long Run
AUG 19 to AUG 25	5 km Recovery Run	30 minutes at home Yoga / Stretching	8 km Base Pace Run	REST DAY	7 km Base Pace Run + STRENGTH TRAINING	Active Rest	17 km Long Run
AUG 26 to SEP 1	5 km Recovery Run	30 minutes at home Yoga / Stretching	8 km Base Pace Run	REST DAY	7 km Base Pace Run + STRENGTH TRAINING	Active Rest	12 km Long Run
SEP 2 to SEP 8	5 km Recovery Run	30 minutes at home Yoga / Stretching	9 km Base Pace Run	REST DAY	7 km Base Pace Run + STRENGTH TRAINING	Active Rest	18.5 km Long Run

SEP 9 to SEP 15	5 km Recovery Run	30 minutes at home Yoga / Stretching	REST DAY	5 min Easy Pace 7 x 1000m repeats @perceived 10km race pace 90sec walking recovery between sets 5 min walking cool down	6 km Base Pace Run + STRENGTH TRAINING	REST DAY	20.5km Long Run
SEP 16 to SEP 22	5 km Recovery Run	30 minutes at home Yoga / Stretching	9 km Base Pace Run	35min Easy Run +	7 km Base Pace Run + STRENGTH TRAINING	Active Rest	22km Long Run
SEP 23 to SEP 29	5 km Recovery Run	30 minutes at home Yoga / Stretching	10km Base Pace Run	35 min Easy Run +	7km Base Pace Run + STRENGTH TRAINING	Active Rest	15km Long Run
SEP 30 to OCT 6	5 km Recovery Run	8km Easy Run	30 minutes at home Yoga / Stretching	2 km Warm up 6 x 400m intervals at an 8-9 RPE Work to rest ratio of 2:1 5 min walk CD	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)