

8 WEEK TRAINING SCHEDULE

RUN SCHEDULE

WEEK	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
MARCH 4-10	30 MINUTES	STRETCH	REST DAY	20 MINUTES	FITNESS CLASS /STRENGTH	REST DAY	30 MINUTES
MARCH 11-17	30 MINUTES	STRETCH	REST DAY	20 MINUTES	FITNESS CLASS /STRENGTH	REST DAY	40 MINUTES
MARCH 18-24	35 MINUTES	STRETCH	REST DAY	30 MINUTES	FITNESS CLASS /STRENGTH	REST DAY	50 MINUTES
MARCH 25-31	20 MINUTES	STRETCH	REST DAY	20 MINUTES	FITNESS CLASS /STRENGTH	REST DAY	40 MINUTES
APRIL 1-7	40 MINUTES	STRETCH	REST DAY	30 MINUTES	FITNESS CLASS /STRENGTH	REST DAY	55 MINUTES
APRIL 8-14	40 MINUTES	STRETCH	REST DAY	30 MINUTES	FITNESS CLASS /STRENGTH	REST DAY	65 MINUTES
APRIL 15-21	45 MINUTES	STRETCH	REST DAY	30 MINUTES	FITNESS CLASS /STRENGTH	REST DAY	70 MINUTES
APRIL 22-28	20 MINUTES	STRETCH	REST DAY	20 MINUTES	REST DAY	REST DAY	RACE DAY!

WALK SCHEDULE

WEEK	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
MARCH 4-10	40 MINUTES	STRETCH	REST DAY	45 MINUTES	FITNESS CLASS /STRENGTH	REST DAY	60 MINUTES
MARCH 11-17	45 MINUTES	STRETCH	REST DAY	50 MINUTES	FITNESS CLASS /STRENGTH	REST DAY	70 MINUTES
MARCH 18-24	45 MINUTES	STRETCH	REST DAY	55 MINUTES	FITNESS CLASS /STRENGTH	REST DAY	75 MINUTES
MARCH 25-31	40 MINUTES	STRETCH	REST DAY	45 MINUTES	FITNESS CLASS /STRENGTH	REST DAY	45 MINUTES
APRIL 1-7	45 MINUTES	STRETCH	REST DAY	60 MINUTES	FITNESS CLASS /STRENGTH	REST DAY	80 MINUTES
APRIL 8-14	50 MINUTES	STRETCH	REST DAY	60 MINUTES	FITNESS CLASS /STRENGTH	REST DAY	90 MINUTES
APRIL 15-21	60 MINUTES	STRETCH	REST DAY	60 MINUTES	FITNESS CLASS /STRENGTH	REST DAY	90 MINUTES
APRIL 22-28	45 MINUTES	STRETCH	REST DAY	35 MINUTES	REST DAY	REST DAY	RACE DAY!

COACH LUCY SMITH'S NOTES

You should get clearance from your doctor before starting any training program.



- There are 3 training days per week, separated by rest, stretch or alternate activity days.
- All training is indicated in minutes. You can track your own mileage using a track, measured trail, GPS or tracking device to see how much ground you are covering.
- For the run schedule, you can take a 2 minutes' walk break at any time.
- Start on any day that you prefer and try to follow the schedule and rest days as they appear.
- If you can't do the total time, any time is better than none!
- The fourth week is a recovery week – follow the schedule and reduce volume this week.
- Depending on your fitness, you will walk or run at an aerobic pace for the duration of the training session. You need to be able to finish the session strongly, and be able to talk. There might be discomfort but there should not be pain.
- Train on a variety of terrain – paths, forest, sidewalks, and roads and choose hillier routes on days that you feel strong.
- Please head over Lucy's blog for support articles on recovery, nutrition, stretching, shoes, motivation, form and much more! <https://www.runforjoy.ca/tc-10k-coaching-support>



Have a great time getting fit and see you at the start line!

