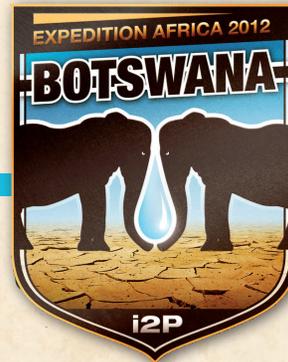




**FITNESS
PLAN**



Running Training

Phase 1

Note:

The goal for your first 4 weeks of training is to slowly build your base, by gradually increasing time on your legs safely through running and cross training. Each Youth Ambassador is coming into training at a different level of fitness and training may need to be modified accordingly (please contact me with this if you require assistance with this). Please email me a weekly update giving me a brief outline of how your training has gone for the week and if you have any questions. For any concerns with regards to your training that require immediate assistance, please feel free to contact me at any time and we can discuss by phone, email or skype. All the best in your training!

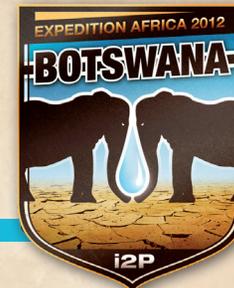
- Derrick Spafford (info@healthandadventure.com)



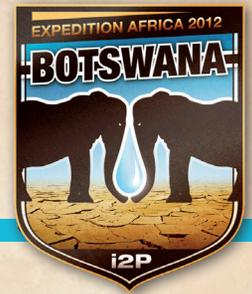
Running Training Phase 1



**FITNESS
PLAN**



WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	<ul style="list-style-type: none"> • Rest: <p>Complete rest day</p>	<ul style="list-style-type: none"> • Run - 40 minutes: <p>Easy run on soft surface. Keep intensity at a comfortable level not exceeding 70% perceived max effort.</p>	<ul style="list-style-type: none"> • Cross Train - 45 minutes: <p>Easy recovery day of cardio cross training. Optimal activities would include Elliptical, swimming or biking.</p>	<ul style="list-style-type: none"> • Run - 45 minutes: <p>Easy run on soft surface. Keep intensity at a comfortable level not exceeding 70% perceived max effort.</p>	<ul style="list-style-type: none"> • Rest: <p>Complete rest day before long run tomorrow.</p>	<ul style="list-style-type: none"> • Run - 1 hour 15 minutes: <p>Very easy long slow distance run at conversational pace. Stay on soft surface as much as possible and on a flat route.</p>	<ul style="list-style-type: none"> • Bike - 1 hour 15 minutes: <p>Bike at moderate effort on flat to light rolling terrain.</p>
TRACKING							
2	<ul style="list-style-type: none"> • Run - 40 minutes: <p>Easy run on soft surface. Keep intensity at a comfortable level not exceeding 70% perceived max effort.</p>	<ul style="list-style-type: none"> • Run - 50 minutes: <p>Warmup: 20mins easy running, Tempo: 15mins steady effort at 80-90% perceived max effort, Cooldown: 15mins easy running. Keep today's run on a flat route and focus on good running form.</p>	<ul style="list-style-type: none"> • Cross Train - 45 minutes: <p>Easy day of non-weight bearing cardio cross training (ie. swim/bike)</p>	<ul style="list-style-type: none"> • Run - 55 minutes: <p>Easy run on soft surface. Keep intensity at a comfortable level not exceeding 70% perceived max effort.</p>	<ul style="list-style-type: none"> • Rest: <p>Complete rest day before long run tomorrow.</p>	<ul style="list-style-type: none"> • Run - 1 hour 30 minutes: <p>Very easy long slow distance run at conversational pace. Stay on soft surface as much as possible and include series of moderate rolling hills. Hike any steep hills if you find them challenging to run.</p>	<ul style="list-style-type: none"> • Run - 1 hour 10 minutes: <p>Day #2 of 'back to back' longer efforts. Start off at a very easy pace (or walk) for the first 15mins, then slowly increase to a comfortable pace and hold for remainder of run. Keep today on a flatter route, but still on trail if possible.</p>
TRACKING							



WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3	<ul style="list-style-type: none"> • Rest: <p>Complete rest day after your back-to-back weekend.</p>	<ul style="list-style-type: none"> • Run - 45 minutes: <p>Easy run on soft surface. Keep intensity at a comfortable level not exceeding 70% perceived max effort.</p>	<ul style="list-style-type: none"> • Run - 60 minutes: <p>Warmup: 20mins easy running, Tempo: 20mins steady effort at 80-90% perceived max effort, Cooldown: 20mins easy running. Today's run should include some moderately rolling hills (runnable) during the tempo segment. Focus on maintaining good turnover and 'spinning' up the hills.</p>	<ul style="list-style-type: none"> • Run - 50 minutes: <p>Super easy recovery day run of 45-60mins on soft surface, or grass if possible. Definitely want to be under 70% perceived effort for this run.</p>	<ul style="list-style-type: none"> • Cross Train - 50 minutes: <p>Easy day of cardio cross training. Optimal activities would include Elliptical, swimming or biking.</p>	<ul style="list-style-type: none"> • Run - 1 hour 50 minutes: <p>Easy long slow distance run at comfortable effort. Please begin wearing a hydration pack for longer runs (to get comfortable with it) with 1.5-2 litres of water; and drink to thirst (depending on heat you may not need to drink all of it). Moderately rolling terrain.</p>	<ul style="list-style-type: none"> • Bike - 1 hour 30 minutes: <p>Long bike at moderate effort on flat to light rolling terrain.</p>
TRACKING							
4	<ul style="list-style-type: none"> • Run - 40 minutes: <p>This is the start of your recovery week that includes a little less volume and intensity. Easy run on soft surface. Keep intensity at a comfortable level not exceeding 70% perceived max effort.</p>	<ul style="list-style-type: none"> • Cross Train - 45 minutes: <p>Easy day of cardio cross training. Optimal activities would include Elliptical, swimming or biking.</p>	<ul style="list-style-type: none"> • Run - 52 minutes: <p>Warmup: 15 mins easy running, Tempo: 2 x 10mins steady effort at 80-90% perceived max effort with 2 min recovery between, Cooldown: 15mins easy. Keep this on a flat route.</p>	<ul style="list-style-type: none"> • Run - 45 minutes: <p>Easy run on soft surface. Keep intensity at a comfortable level not exceeding 70% perceived max effort.</p>	<ul style="list-style-type: none"> • Rest: <p>Complete rest day before long run tomorrow.</p>	<ul style="list-style-type: none"> • Run - 45 minutes: <p>Easy run on soft surface. Keep intensity at a comfortable level not exceeding 70% perceived max effort.</p>	<ul style="list-style-type: none"> • Run - 1 hour 45 minutes: <p>Slightly shorter than last week, but would like to see you include more hills if possible for this week. Aim for at least 1h45m, but if feeling good, ok to increase to 2hrs of easy running. Hike any hills that you find too strenuous to run comfortably.</p>
TRACKING							