

Phases of Training - Advanced Runners

(Can be modified for a beginner level runner and walkers too! - contact Sheron lacesup@shaw.ca)

TC 10k	Oak Bay 1/2	Phase of Training (based on start of Ceevac's Clinics)
4 weeks & longer > start your training before the clinic!	6 weeks & longer > start your training before the clinic!	Race Specific BUILD 10% Speed-work /15% Strength/75% easy This phase emphasizes easy running. You are building a base by increasing distance and adding some speed and strength work. The long run: Easy enough that you can talk comfortably. Speed consists of strides and mini-tempos. Add some hilly runs once a week. Final quarter of base phase add longer hill repeats. To reduce injury, cross-training is great! . Cross-training such as with weights, core strength, yoga..... Bonus from cross-training - If required cycling can take the place of a long run.
3 weeks	5 weeks	Race - Specific PREPARATION 60% Endurance/ 15% Speed-work/ 25% Strength Build endurance. Tempo runs at goal race pace to 10k pace or longer hill repeats. Endurance: The longest run in this phase. Strength: Hills & some weights. Continue cross-training
3 week	4 weeks	Race - Specific PEAK 40% Endurance/ 50% Speed-work/ 10% Strength Increase the intensity of your workouts. Drop the overall volume As goal event approaches, long run continually drops in distance. Speed-work: Faster than race pace. Beginners 10k, Moderate level 10k-5k and advanced 5k & quicker. 'Dress Rehearsal' at race pace Strength: hill workout to increase leg turnover <ul style="list-style-type: none"> • Advanced runners add downhill training • Beginners (new to phase training) have either one session a week of speed or strength- not both Cross-training volume is reduced. Cross-training intensity decreases as goal event approaches
7 days	10 days	Race - Specific TAPER Final 7-10 days to race/ volume is half, intensity is short in duration