

MAINTAINRUNSTRONG

For those who completed the RunStrong program and wish to maintain the ability to run with no walk intervals.

Please note that as this is a pilot project, our mentors have been given the freedom to make alterations based on the participant's needs. If a walk feels like it might be too much feel free to contact your mentor for suggestions, or email communications@sportmedbc.com for advice.

DEFINITIONS:

Comfortable, Conversational Pace:

This pace is where you can easily hold a conversation while running. Breathing is steady and controlled. You feel relaxed and can maintain this pace for an extended period without feeling overly fatigued.

Comfortable, Steady Pace:

This pace is slightly faster than a conversational pace but still feels comfortable. Breathing becomes slightly deeper, but you're not struggling to catch your breath. You can maintain this pace consistently without feeling overly taxed.

Comfortable, Hard Pace:

This pace is challenging but sustainable for shorter durations. Breathing becomes more labored, and you may struggle to speak in full sentences. You're pushing yourself but can maintain the pace for the specified interval or duration. This pace is often used in tempo or threshold runs to improve speed and endurance.

Week 1:

Warm-up: 5 minutes easy jog

Run 1: Fartlek Run

Easy Run 35-40 minutes (Pace:
Comfortable, conversational)

Warm-up: 5 minutes easy jog

Cool down: 5 minutes easy jog

Alternating 5 mins brisk and 5 mins easy
for a total of 20-25 minutes

Cool down: 5 minutes easy jog

Run 3: Long Run

Warm-up: 5 minutes easy jog

Run 2: Easy Run

Duration: 50-55 minutes (Pace: Comfortable, steady)

Cool down: 5 minutes easy jog

Week 2:

Run 1: Tempo Run

Warm-up: 10 minutes easy jog

Run 20-25 minutes (Pace: Comfortably Hard)

Cool down: 10 minutes easy jog

Run 2: Easy Run

Warm-up: 5 minutes easy jog

Duration: 40-45 minutes (Pace: Comfortable, conversational)

Cool Down: 5 minutes easy jog

Run 3: Long Run

Warm-up: 5 minutes easy jog

Duration: 55-60 minutes (Pace: Comfortable, steady)

Cool Down: 5 minutes easy jog

Week 3:

Run 1: Fartlek Run

Warm-up: 10 minutes easy jog

Alternating 5 mins brisk and 5 mins easy for a total of 25-30 minutes

Cool down: 10 minutes easy jog

Run 2: Easy Run

Warm-up: 5 minutes easy jog

Duration: 45-50 minutes (Pace: Comfortable, conversational)

Cool down: 5 minutes easy jog

Run 3: Long Run

Warm-up: 5 minutes easy jog

Duration: 60-65 minutes (Pace: Comfortable, steady)

Cool Down: 5 minutes easy jog

Week 4:

Run 1: Hill Repeats

Warm-up: 10 minutes easy jog

5 x hill repeats (60-90 seconds uphill) with a jog down recovery

Cool down: 10 minutes easy jog

Run 2: Easy Run

Warm-up: 5 minutes easy jog

Duration: 40-45 minutes (Pace: Comfortable, conversational)

Cool Down: 5 minutes easy jog

Run 3: Long Run

Warm-up: 5 minutes easy jog

Duration: 50-55 minutes (Pace: Comfortable, steady)

Cool Down: 5 minutes easy jog

Week 5:

Run 1: Tempo Run

Warm-up: 10 minutes easy jog

Alternating 5 mins brisk and 5 mins easy for a total of 20-25 minutes

Cool down: 10 minutes easy jog

Run 2: Easy Run

Warm-up: 5 minutes easy jog

Duration: 35-40 minutes (Pace: Comfortable, conversational)

Cool Down: 5 minutes easy jog

Run 3: Long Run

Warm-up: 5 minutes easy jog

Duration: 55-60 minutes (Pace: Comfortable, steady)

Cool Down: 5 minutes easy jog

Week 6:

Run 1: Progression Run

Warm-up: 10 minutes easy jog

Run 20-25 minutes, gradually increase pace throughout the run, ending at a comfortably hard effort for the last 10 minutes

Cool down: 10 minutes easy jog

Run 2: Easy Run

Warm-up: 5 minutes easy jog

Duration: 35-40 minutes (Pace: Comfortable, conversational)

Cool Down: 5 minutes easy jog

Run 3: Long Run

Warm-up: 5 minutes easy jog

Duration: 50-55 minutes (Pace: Comfortable, steady)

Cool Down: 5 minutes easy jog

Remember to adjust the durations and intensities based on your fitness level and listen to your body to prevent overtraining or injury.