

## "Experience with Running" Virtual Training Plan



If you have been running and are ready to follow a training plan with runs and workouts follow the 2 week plan below! It is important to do what is comfortable for you everyday. Contact Coach Siona or Coach Luc if you have any questions or are looking for some advice. Have fun running and remember to track your progress in your log! See you this summer!

*Week 1: June 1<sup>st</sup> -6<sup>th</sup>*

*Week 2: June 7<sup>th</sup> -13<sup>th</sup>*

**Zoom Workouts: Wednesdays at 7:00pm & Saturdays at 11:00am**

- Link for Zoom workouts will be sent out via [stfxtrackandfieldclub@gmail.ca](mailto:stfxtrackandfieldclub@gmail.ca)

Check out @stfxtrackandfieldclub on Instagram for:

- Drill and Mobility Videos
- Running Tips
- Club Updates and Posts

If you do not have social media at the bottom of the document, you can find:

- Pre Run Drills
- Stretches
- Running Tips (Proper form, Running uphill, etc.)
- Alphabet Core (An at home strength workout, don't have to do the whole alphabet, try spelling your names, Antigonish, Track and Field, or anything be creative! We will incorporate this into some Zoom sessions, so you can always save it for then!

## Week 1

- Daily physical activity (family walk, bike ride, playing outside)
- 2-3 easy runs\*
- 1 workout option
- Join Zoom Core/Strength sessions.
  
- Try to do the posted drills before every run and stretches after every run. This will help with faster recovery and prevent soreness/injury.
- Record completed activity in your training log!

### **Week 1 Workout - 2 Options (choose 1)**

#### Workout Option 1:

Warm up: jog 5 - 10 minutes

Workout: At a fartlek pace\*\* 5 x (30 seconds fartlek + 30 seconds slow jog/walk)

Cool down: jog 5 - 10 minutes

#### Workout Option 2:

Warm up: easy run 10 -15 minutes

Workout: 5 - 7 hills at "race pace" (100m or 20 seconds)

Recovery between hills: Walk down the hill with 1-minute rest at bottom *~or~* jog down the hill with 90 second rest at bottom.

Cool Down: Recovery jog/walk 5 - 10 minutes

*\*Easy runs: A comfortable pace where you can hold a conversation if you are chatting with someone. A good time to think about running form and how you feel when running. (15 - 25 minutes long). If ready, you can make one run a week 25 - 35 minutes.*

*\*\*Fartlek pace: short spurt of faster running, faster than a jog, but not a sprint as you should be able to stay at this speed for longer distances.*

## Week 2

- Daily physical activity (family walk, bike ride, playing outside)
  - 3-4 easy runs\* (Try to make one run 5-10 minutes longer than your longest last week, tip - start at a slower, comfortable pace so you have enough energy to go the distance!)
  - Do 4-6 accelerations or strides after 1 (one) easy run... 50 - 75m each
  - 1 Workout
  - Join Zoom Core/Strength sessions.
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- Try to do the posted drills before every run and stretches after every run. This will help with faster recovery and prevent soreness/injury.
  - Record completed activity in your training log!

### **Week 2 Workout: "Running Pyramid" (need timer unless on a track)**

Warm up: 5-10-minute jog

Workout: "Running Pyramid" (need a timer/watch unless on a track)

At a track: 200m - 300m - 400m - 300m - 200m

-or-

With a timer on a trail/road/loop: 30 seconds - 1 min - 90 seconds - 1 min - 30 seconds

Rest between: 90 seconds to 2 minutes, move around, drink water

If you need to take a longer rest ... take it! Listen to how your body is feeling. (Ex: If you don't think you are up to a 400m, instead you can do another 200m or have a longer rest before the 300m)

Pace: 60 - 70 % effort, faster than your easy run but not a sprint, you need energy to do each interval.

*Tip:* Begin the workout comfortably even though you feel like going fast. This will allow you to complete the workout, and let you pick up the speed later on. Remember that this workout is just to get your legs moving again, no need to run a personal best!

Cool Down: Recovery jog/walk 5-10 minutes

## Before Run Drills with "How-To" Videos

### Drills:

1. A March <https://www.youtube.com/watch?v=gkf4699YjQA>
2. A Skip <https://www.youtube.com/watch?v=PKRiOwMh7b4>
3. B March <https://www.youtube.com/watch?v=4YGF-JQOVpQ>
4. B Skip <https://www.youtube.com/watch?v=GoRi3zBtKQ4>
5. Open/Close Gates [https://www.youtube.com/watch?v=YSdMpn\\_EJOw](https://www.youtube.com/watch?v=YSdMpn_EJOw)
6. High Knee [https://www.youtube.com/watch?v=\\_koAkJJVT7Y](https://www.youtube.com/watch?v=_koAkJJVT7Y)
7. Butt Kicks [https://www.youtube.com/watch?v=6\\_jFv9sHPjg](https://www.youtube.com/watch?v=6_jFv9sHPjg)
8. Karaoke <https://www.youtube.com/watch?v=nzUUsoJvJfo>
9. Side shuffle <https://www.youtube.com/watch?v=bcZkk8vMzA4>
10. Walking RDLs (Reach Down Low) <https://www.youtube.com/watch?v=btiIk1xq0VQ>
11. Ground Sweeps/Leg Scoops <https://www.youtube.com/watch?v=kkZW-zYOrxQ>
12. Zombie Walk/Walking Leg Swings  
<https://www.youtube.com/watch?v=5hWnxcA1MNk>
13. Straight leg Running <https://www.youtube.com/watch?v=pWphIaaaM5E>
14. Backwards Running <https://www.youtube.com/watch?v=Tvfw06G3ywA>
15. Bounding <https://www.youtube.com/watch?v=b3124L0KK3Q>

## After Run Stretches:

### QUADRICEPS (the front of your thigh)

- Hold something for balance (a wall or partner's shoulder)
- Bend left leg and hold with left hand
- Keep right leg slightly bent
- Keep knees together
- Stand up straight
- Gently press left hip forward
- You should feel the stretch in your left thigh and hip
- Repeat the stretch with right leg



### CALVES (the back of your lower leg)

- Take a big step forward
- Keep both feet pointed forward
- Bend front leg forward without letting knee go past toes
- Keep the heel of your back foot on the ground
- Keep upper body straight, don't lean forward
- You should feel the stretch in the calf of your back leg
- Switch legs and repeat



### HAMSTRINGS (the back of your thighs)

- Sit on the floor with one leg out straight and the other tucked in towards your body
- Keep back straight and lean towards the foot that is extended
- Switch legs and repeat



### INNER THIGHS (seated stretch)

- Sit on the ground with feet pulled up towards you, knees out to the side
- Place hands on ankles and elbows on knees
- Keep back straight and bend forward, pressing knees gently with elbows



### INNER THIGHS (standing stretch)

- Stand with feet spread fairly wide, hands on hips
- Keep feet pointed forward
- Bend left knee, bringing your weight over to that side
- Keep right leg straight with knee facing forward
- Switch sides and repeat

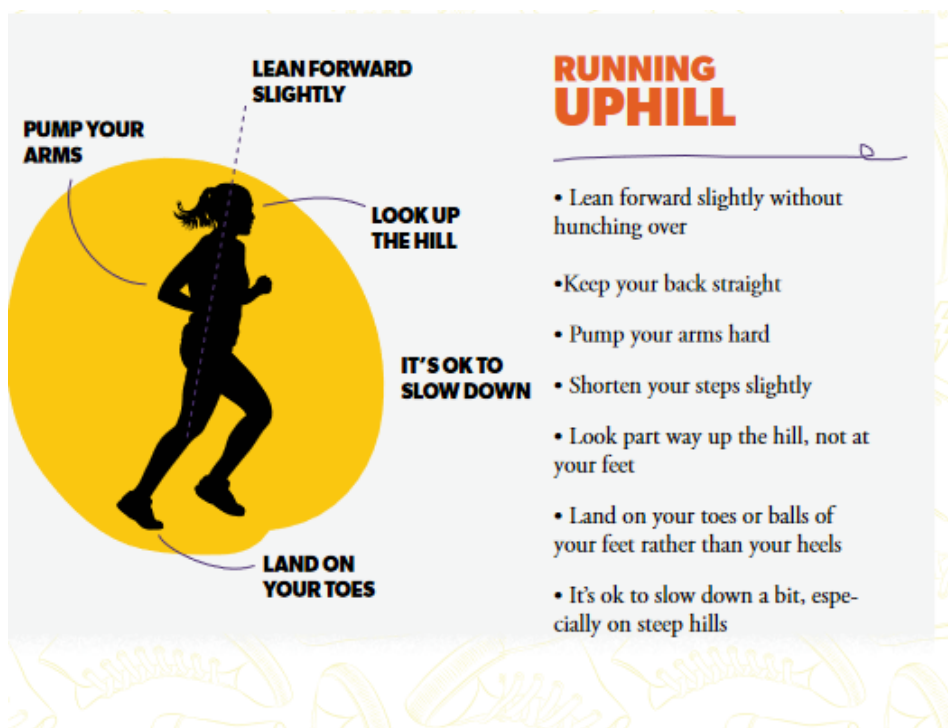


## Running Tips

### Proper Running Form:



### Running Uphill Tips:



## Stfx Track Club Alphabet Challenge



# ALPHABET CHALLENGE



**A** - 10 sit ups

**B** - 20 bicycle crunches

**C** - 45 second wall sit

**D** - 10 donkey kicks (Each Side)

**E** - 30 second plank

**F** - 10 forward lunges (Each Side)

**G** - 20 glute bridges

**H** - 20 second glute bridge holds

**I** - 30 second swimmer's kicks

**J** - 10 jump squats

**K** - 10 calf raises (Each Side)

**L** - 10 side lunges (Each Side)

**M** - 10 mountain climbers

**N** - 12 leg raises

**O** - one legged holds (20 secs  
Each Side)

**P** - 8 - 12 push ups

**Q** - 15 jumping jacks

**R** - 30 russian twists

**S** - 15 squats

**T** - 10 dead bugs (Each Side)

**U** - 20 skater jumps

**V** - 30 second V- sit hold

**W** - 10 burpees

**X** - 10 knee hold crunches (Each  
Side)

**Y** - 10 plank hops

**Z** - 5 jumping lunges (Each Side)