

"New to Running" Virtual Training Plan



If you are new to running and are interested in following a training plan with run/walks, and fun activities 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 1st -6th

Week 2: June 7th-13th

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

- Link for Zoom workouts will be sent out via 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, you 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, etc.)
- Join Zoom Core/Strength sessions.
- 2-3 walk/jog

- Try to do posted drills before activities and stretches after activities. This will help with faster recovery and prevent soreness/injury.
- Record completed activity in your training log!
- When tracking activity, every 10 minutes of walking = 1 KM and every 5 minutes of walking/jogging= 1 KM.

Week 1 - Walk/Jog Examples

Example 1:

Warm up: walk 5-10 minutes

Workout: 8x15 seconds jog/45 seconds of walking

Cool down: walk 5-10 minutes

Example 2:

Warm up: walk 5-10 minutes

Workout: 10x30 seconds jog/ 30 seconds of walking

Cool down: walk 5-10 minutes

Example 3:

Warm up: walk 5-10 minutes

Workout: 6x1 minute jog/1 minute of walking

Cool down: 5-10 minutes

Example 4:

Warm up: walk 5-10 minutes

Workout: 2x4 minutes jog/1 minute of walking

Cool down: walk 5-10 minutes

*Do what you think is appropriate for YOU!

*Remember to keep the jog at a comfortable pace where you could hold a conversation with someone.

Week 2

- Daily physical activity (family walk, bike ride, playing outside, etc.)
- Join Zoom Core/Strength sessions.
- 2-3 walk/jog
- Try 1-2 continuous jog (5-15 minutes)

- Try to do posted drills before activities and stretches after activities. This will help with faster recovery and prevent soreness/injury.
- Record completed activity in your training log!

Week 2 - Walk/Jog + Continuous Jogging Examples

Example 1:

Warm up: walk 5-15 minutes

Workout: 10x20 seconds jog/40 seconds of walking

Cool down: walk 5-15 minutes

Example 2:

Warm up: walk 5-15 minutes

Workout: 5x2minutes jog/1 minute of walking

Cool down: walk 5-10 minutes

Example 3:

Warm up: walk 5-15 minutes

Workout: 5-15 minutes of continuous jog + 4x8 seconds sprint/1 minute rest

Cool down: walk 5-10 minutes

Example 4:

Warm up: jog 5 minutes

Workout: run 5 minutes/rest 3 mins + 6x10 seconds sprint/2 minutes rest

Cool down: walk 5-10 minutes, or jog 5 minutes

- * Do what you think is appropriate for YOU! Track your progress!
- * Remember to keep the jog at a comfortable pace where you could hold a conversation with someone. As for the run, try going faster than jog but stay comfortable (not a sprint).

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
6. High Knee https://www.youtube.com/watch?v=_koAkJJVT7Y
7. Butt Kicks 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 Reach Down Lows <https://www.youtube.com/watch?v=btiIk1xqOVQ>
11. Ground Sweeps/Leg Scoops <https://www.youtube.com/watch?v=kkZW-zYOrxQ>
12. Zombie/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



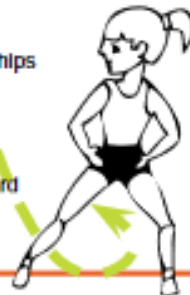
INNER THIGHS (seated stretch)

- 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 | J - 10 jump squats | R - 30 russian twists |
| B - 20 bicycle crunches | K - 10 calf raises (Each Side) | S - 15 squats |
| C - 45 second wall sit | L - 10 side lunges (Each Side) | T - 10 dead bugs (Each Side) |
| D - 10 donkey kicks (Each Side) | M - 10 mountain climbers | U - 20 skater jumps |
| E - 30 second plank | N - 12 leg raises | V - 30 second V- sit hold |
| F - 10 forward lunges (Each Side) | O - one legged holds (20 secs
Each Side) | W - 10 burpees |
| G - 20 glute bridges | P - 8 - 12 push ups | X - 10 knee hold crunches (Each
Side) |
| H - 20 second glute bridge holds | Q - 15 jumping jacks | Y - 10 plank hops |
| I - 30 second swimmer's kicks | | Z - 5 jumping lunges (Each Side) |