

SEEK THE PEAK JUNE 12 2016

TRAINING RELAY RUNNERS PROGRAM

WEEK	WEEKDAY RUN Steady, tempo 4-6 km run or Group Option: Lululemon Park Royal Run Club (Mondays @6:20pm)	GROUP RUN DAY WEDNESDAY AT 6PM Arrive 5-10 min before start time. 60-90 min runs on race course.	WEEKEND RUN Choose a 4-7 km route with elevation gain and loss. Visit seekthepeak.ca for route ideas.
1 APRIL 4-10	6 SETS 2 MIN RUN 1 MIN WALK	April 6: Clinic Intro Warm-up drills and hill repeats on Nancy Greene Way. Meet at Grouse Mountain Base Plaza (outside Starbucks)	8 SETS 2 MIN RUN 1 MIN WALK
2 APRIL 11-17	5 SETS 3 MIN RUN 1 MIN WALK	April 13 Out and back on Leg 1 along the Capilano Pacific Trail. Meet at Ambleside Park, Field F.	6 SETS 3 MIN RUN 1 MIN WALK
3 APRIL 18-24	4 SETS 4 MIN RUN 1 MIN WALK	April 20 Out and back on Leg 2, Capilano Pacific Trail to Cleveland Dam. Meet at Keith Road, West Vancouver.	5 SETS 4 MIN RUN 1 MIN WALK
4 APR 25-MAY 1	4 SETS 5 MIN RUN 1 MIN WALK	April 27 Out and back on Leg 2, Capilano Pacific Trail to Nancy Greene. Meet at Keith Road, West Vancouver.	5 SETS 5 MIN RUN 1 MIN WALK
5 MAY 2-8	3 SETS 6 MIN RUN 1 MIN WALK	May 4: Injury Prevention The Grind and Peak. Meet at the Grouse Grind entrance.	5 SETS 6 MIN RUN 1 MIN WALK
6 MAY 9-15	3 SETS 7 MIN RUN 1 MIN WALK	May 11: Gear & Race Prep Talk Out and back on Nancy Greene to Grouse, then east on Baden-Powell Trail. Meet at Cleveland Dam.	5 SETS 7 MIN RUN 1 MIN WALK
7 MAY 16-22	3 SETS 8 MIN RUN 1 MIN WALK	May 18 Out and back on the Baden-Powell heading towards Cypress. Meet at Cleveland Dam.	5 SETS 8 MIN RUN 1 MIN WALK
8 MAY 23-29	3 SETS 10 MIN RUN 1 MIN WALK	May 25 Nancy Greene to Grind to Peak. Meet at Cleveland Dam.	4 SETS 10 MIN RUN 1 MIN WALK
9 MAY 30-JUNE 5	2 SETS 10 MIN RUN 1 MIN WALK	June 1: Nutrition Tips The Grind and Peak. Meet at the Grouse Grind entrance.	3 SETS 10 MIN RUN 1 MIN WALK
10 JUNE 6-12	2 SETS 10 MIN RUN 1 MIN WALK	June 8: Post-Run Yoga & Race Day Tips The Peak. Grouse Mountain Chalet (Please Upload Via Tram by 5:45pm latest)	RACE DAY! 16KM 4100 FEET BRAGGING RIGHTS!

TIPS

- As you get into the training, you may find that you want to switch to the other groups from week to week. You can do that!
- For in-person group sessions, all participants meet and end in the same place. Route will generally be the same for all groups, with modifications according to the ability level of the group.
- Listen to your body. If at anytime during the in-person group sessions you feel pain, let your group leader know.
- Don't be afraid to make friends - others will be looking for running buddies too.
- Register for the training program at SeekThePeak.ca to receive weekly emails with at-home drills and nutritional tips & recipes.