

# SEEK THE PEAK

SUNDAY, JUNE 24, 2018

benefiting  
**BC  
CANCER** FOUNDATION

# TRAINING PROGRAM

## SOLO RUNNERS

WEEK	WEEKDAY RUN	THURSDAY GROUP RUN 6PM	WEEKEND RUN
<b>1</b> APRIL 19-25	8-10 km runs, always with 10 min warm up & cool down or Group Option: Lululemon Park Royal Run Club Mondays @ 6:20pm	Arrive 5-10 min before start time. 60-90 min runs on race course and North Shore Trails.	Choose an 8-14 km route with elevation gain and loss. Scroll down for suggested route ideas.
<b>2</b> APRIL 26-MAY 2	10 x 1 min sprints with 2 min recovery between sprints	<b>April 19</b> Clinic Introduction and hill repeats on Nancy Greene Way. <b>50-60 mins</b> <b>Meet: Grouse Mountain Base Plaza, in front of Starbucks</b>	<b>7.5 KM</b> 40-70 MINS
<b>3</b> MAY 3-MAY 9	3 x 2km mod-fast pace with 500m walking recovery in between	<b>April 26</b> Out and back on race course towards the Capilano Pacific Trail. <b>60 mins</b> <b>Meet: Ambleside Park, Field F (near race start line)</b>	<b>8 KM</b> 60-90 MINS
<b>4</b> MAY 10-MAY 16	Fartlek (speed play) 10-15 sec sprint pick ups every 2 mins x 30 mins	<b>May 3</b> Out and back on race course: Capilano Pacific Trail towards Cleveland Dam. <b>60 mins</b> <b>Meet: End of Keith Road, West Vancouver, under Hwy 1 overpass (start of Leg 2)</b>	<b>8 KM</b> 60-90 MINS
<b>5</b> MAY 17-MAY 23	Ladder Intervals 3 mins mod / 1 min slow 4 mins mod / 2 min slow 5 mins mod / 2 min slow Then repeat 4 min & 3 min	<b>May 10</b> Out and back on race course: Capilano Pacific Trail towards Nancy Greene Way. <b>70 mins</b> <b>Meet: End of Keith Road, West Vancouver, under Hwy 1 overpass (start of Leg 2)</b>	<b>8.5 KM</b> 60-90 MINS
<b>6</b> MAY 24-MAY 30	10 x 20 secs sprints / 40 secs slow recovery 1500 m slow run recovery *Repeat twice	<b>May 17</b> Grouse Grind. <b>60-90 mins</b> <b>Meet: Bottom of Grouse Mtn Parking Lot D (Near orange gate which marks the start of Powerline trail)</b>	<b>9 KM</b> 80-120 MINS
<b>7</b> MAY 31-JUNE 6	Trail hill repeats 6 x 60-90 sec hill sprints with 5 min recovery in between	<b>May 24</b> Powerline hill repeats. <b>60-70 mins</b> <b>Meet: Bottom of Grouse Mtn Parking Lot D (Near orange gate which marks the start of Powerline trail)</b>	<b>10.5 KM</b> 80-120 MINS
<b>8</b> MAY 31-JUNE 6	Negative split tempo 15 min moderate, turn around and run back 15 min fast	<b>May 31</b> Out and back on the Baden-Powell trail heading west towards Cypress. <b>70 mins</b> <b>Meet: Cleveland Dam</b>	<b>10.5 KM</b> 80-135 MINS
<b>9</b> JUNE 7- JUNE 13	3 mins slow 2 mins moderate 1 min fast Repeat x6	<b>June 7</b> Nancy Greene Way to top of Grouse Grind. *Soft start available from 5:45pm <b>75-105 mins</b> <b>Meet: Cleveland Dam</b>	<b>13.5 KM</b> 90-135 MINS
<b>10</b> JUNE 14- JUNE 20	Ambleside hills 15 mins warm up 6 x 60 mins hill sprints with 4-5 mins recovery in between 15 mins recovery/cool down	<b>June 14</b> Grouse Grind and Peak. *Option for the Grind only *Soft start available from 5:45pm <b>60-90 mins</b> <b>Meet: Grouse Grind Entrance</b>	<b>8 KM</b> 60-90 MINS
<b>10</b> JUNE 21- JUNE 24	Trail run 60 mins Out and back 30 mins on Capilano Pacific trail	<b>June 21</b> Leg 4: Peak Run. <b>20-30 mins</b> <b>Meet: Mountain Top Plaza (Top of Skyride)</b> *Please upload by 5:45pm at the latest	<b>RACE DAY!</b> <b>13 KM / 1400 M</b> <b>YOU'VE GOT THIS!</b>

## 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](http://SeekThePeak.ca) to receive weekly emails with at-home drills and nutritional tips & recipes.



**GROUSE MOUNTAIN**

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SUNDAY, JUNE 24, 2018

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# TRAINING PROGRAM

## SOLO RUNNERS

WEEK	WEEKEND RUN SUGGESTED ROUTES	DISTANCE, ELEVATION & TIME
<p><b>1</b></p> <p>APRIL 19-25</p>	<p><b>SUGGESTED ROUTE: Capilano Canyon (Capilano Pacific, Giant Fir, Coho Loop)</b>  <b>Start: End of Keith Road, West Vancouver, under Hwy 1 overpass (start of Leg 2).</b>            Run along the wide gravel trail for the first 1.3km. You will then see a sign on your right indicating the Capilano Pacific trail (CP trail). Head down on the CP trail and continue along until the junction of the Pipeline trail (gravel road) at 3.2km. Turn right, and within a few meters, turn left onto the Giant Fir trail. Look for the gigantic cedar as you head down towards the river! At the T junction, make a right (the left takes you to the viewpoint, at the bottom of the dam) and follow the trail until you get to the Cable Pool bridge (3.7km). Cross the bridge and take the Coho loop trail on your right. At 4.3km, turn right onto the Pipeline trail, cross the bridge, head uphill and make the first left turn up the Shinglebolt trail. This will take you back to the CP trail. At that junction, make a left and retrace your steps to the parking lot.  <b>Strava link: <a href="https://www.strava.com/routes/11876361">https://www.strava.com/routes/11876361</a></b></p>	<p><b>7.6 KM / 273 M</b>  <b>40 - 70 MINS</b></p>
<p><b>2</b></p> <p>APRIL 26-MAY 2</p>	<p><b>SUGGESTED ROUTE: Nancy Greene / Baden Powel / Powerline</b>  <b>Start: Cleveland Dam.</b> Up Nancy Greene to Grouse, along Baden Powell trail heading EAST. Before Mosquite creek junction (and bridge), you will get to an old paved road. Head down the road switchbacks to the Powerline trail on your right. Run along Powerline trail back to Grouse parking lot and back down Nancy Greene.  <b>Strava link: <a href="https://www.strava.com/routes/7862400">https://www.strava.com/routes/7862400</a></b></p>	<p><b>8.2 KM / 429 M</b>  <b>60-90 MINS</b></p>
<p><b>3</b></p> <p>MAY 3-MAY 9</p>	<p><b>SUGGESTED ROUTE: Short Lynn Loop</b>  <b>Start: End of the Line Café (EOL) (End of Lynn Valley Rd).</b>            Run down paved road to Varley trail (do not cross Pipeline bridge; run up-river so that Lynn creek is on your right) to Lynn Headwaters. Cross bridge and turn left and continue to run along Lynn Creek. After approx. 2kms, turn right on trail leading to uphill switchbacks. At the top, turn right and follow the trail downhill to a T-junction. Turn left onto the connector trail and follow to the gazebo. Run right down the hill, cross pipeline bridge and up the paved road to EOL.  <b>Strava link: <a href="https://www.strava.com/routes/7862452">https://www.strava.com/routes/7862452</a></b></p>	<p><b>8.3 KM / 246 M</b>  <b>60-90 MINS</b></p>
<p><b>4</b></p> <p>MAY 10-MAY 16</p>	<p><b>SUGGESTED ROUTE: Bridle Path / Old Buck / Seymour Grind (BP)</b>  <b>Start: Baden Powell (BP) trail junction at the corner of Hyannis Drive and Berkley Ave.</b>            Head north onto BP to Bridle Path trail (junction is at a large rocky outcrop). Keep right and head EAST onto Bridle Path to the T-junction at Old Buck. Turn left up Old Buck and run uphill to the junction of the BP. Turn left on BP and continue uphill until the top of the "Seymour Grind" (around 6km). You will see a BP on the left; head downhill all the way back to the junction of Bridle Path. Remain on the BP and retrace your steps back to Hyannis drive. <b>Strava Link: <a href="https://www.strava.com/routes/7862525">https://www.strava.com/routes/7862525</a></b></p>	<p><b>8.4 KM / 438 M</b>  <b>80-120 MINS</b></p>
<p><b>5</b></p> <p>MAY 17-MAY 23</p>	<p><b>SUGGESTED ROUTE: Mountain Highway / St Georges / BP</b>  <b>Start: Mountain Highway parking lot.</b>            From the parking lot, turn right on Mtn Hwy and run uphill for approx. 5km. Just before the 5th switchback, turn left on St Georges trail and head downhill to the BP trail. Turn left onto BP and run back to Mtn Hwy. Turn left on Mtn Hwy and make your way back to the parking lot.  <b>Strava link: <a href="https://www.strava.com/routes/7862624">https://www.strava.com/routes/7862624</a></b></p>	<p><b>8.9 KM / 484 M</b>  <b>80-120 MINS</b></p>
<p><b>6</b></p> <p>MAY 24-MAY 30</p>	<p><b>SUGGESTED ROUTE: Rice Lake / Twin Bridges / Homestead</b>  <b>Start: End of the Line Café.</b>            Go down the paved road to the Varley Trail (do not cross Pipeline bridge) to Lynn Headwaters. Cross bridge and turn right onto Connector trail. Turn left onto Rice Lake trail and go around the lake. Return onto Connector trail and run left towards the gazebo. At the gazebo, towards the left, run onto the gravel trail that leads to the parking lot/washroom area. Stay on the trail (it will widen) and head downhill for approx. 2km to the site of the old Twin Bridges (now removed). Turn left at the bottom and follow Fishermans' trail along the Seymour river. Turn left onto Homestead and run uphill. At the top, turn right and retrace your steps towards the gazebo. Once back at the gazebo, run downhill on the gravel trail to Pipeline bridge, cross bridge and up the paved hill back to EOL. <b>Strava link: <a href="https://www.strava.com/routes/7862667">https://www.strava.com/routes/7862667</a></b></p>	<p><b>10.5 KM / 297 M</b>  <b>80-120 MINS</b></p>
<p><b>7</b></p> <p>MAY 31-JUNE 6</p>	<p><b>SUGGESTED ROUTE: Out and back: Deep Cove to Top of Seymour Climb along the Baden Powell (BP) Trail.</b>  <b>Start: Deep Cove (Panorama Park).</b> Just beyond Panorama Park, on the left handside of the road, there is a trailhead marker for the BP trail. Run uphill on the BP, (pass Quarry Rock on your right) and continue uphill until you get to Indian River Rd. Cross the road, continue uphill along BP to Mt Seymour Rd. At the T-junction of Old Buck, turn left and go downhill for a few meters. Stay right at the next intersection - do not go down Old Buck! Continue along the BP until you reach the top of the "Seymour Climb" (you will see a BP sign pointing downhill, approx. 5.2 km into your run). Turn around at this point and retrace your steps back to Deep Cove. <b>Strava link: <a href="https://www.strava.com/routes/7862711">https://www.strava.com/routes/7862711</a></b></p>	<p><b>10.4 KM / 670 M</b>  <b>80-135 MINS</b></p>
<p><b>8</b></p> <p>JUNE 7- JUNE 13</p>	<p><b>SUGGESTED ROUTE: Long Lynn Loop / Rice Lake</b>  <b>Start: End of the Line Café</b>            Go down paved road to Varley trailhead (do not cross Pipeline bridge), to Lynn Headwaters. Cross bridge and turn left onto Lynn Loop trail. Follow Lynn Creek to the Third Debris Chute. You will then follow a path of loose rocks on your right up a slight hill to a T-junction (left turn would then lead you to Norvan Falls). Turn right and follow the Lynn Loop trail all the way (eventually downhill) to the Rice Lake Connector trail. Turn left onto the Connector and head over to Rice Lake (trail on your left). Go around the lake and exit left again onto the Connector to the gazebo. Head down the gravel path on your right to Pipeline bridge, cross bridge and up the hill to EOL. <b>Strava Link: <a href="https://www.strava.com/routes/7862741">https://www.strava.com/routes/7862741</a></b></p>	<p><b>13.4 KM / 295 M</b>  <b>90-135 MINS</b></p>
<p><b>9</b></p> <p>JUNE 14- JUNE 20</p>	<p><b>SUGGESTED ROUTE: Bridle Path / Seymour Grind / Old Buck</b>  <b>Start: Old Buck trailhead (On Anne MacDonald Way, off Mt Seymour Rd).</b>            Go up Old Buck trail to Bridle Path junction. Turn left on Bridle Path and go all the way to the junction with the BP trail. Head right (up) along the BP, all the way to the top of the Seymour Grind. Once at the top, turn right and head downhill (still on the BP). Turn right on Old Buck and head all the way back down to the parking lot. <b>Route Map: <a href="https://www.strava.com/routes/7862795">https://www.strava.com/routes/7862795</a></b></p>	<p><b>7.9 KM / 388 M</b>  <b>60-90 MINS</b></p>