

# SEEK THE PEAK JUNE 12 2016

# TRAINING SOLO RUNNERS PROGRAM

WEEK	WEEKDAY RUN	GROUP RUN DAY WEDNESDAY AT 6PM	WEEKEND RUN
<b>1</b> APRIL 4-10	Speed Drill Runs always with 10 min warm up & 10 min 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.	Choose a 4-7 km route with elevation gain and loss. Visit <a href="http://seekthepeak.ca">seekthepeak.ca</a> for route ideas.
<b>2</b> APRIL 11-17	10 x 1min sprints with 2 mins recovery between sprints	<b>April 6: Clinic Intro</b> Warm-up drills and hill repeats on Nancy Greene Way. Meet at Grouse Mountain Base Plaza (outside Starbucks)	<b>8KM</b> 40-60 MINS
<b>3</b> APRIL 18-24	3 x 2km mod-fast pace with 500m walking recovery in between	<b>April 13</b> Out and back on Leg 1 along the Capilano Pacific Trail. Meet at Ambleside Park, Field F.	<b>8KM</b> 60-90 MINS
<b>4</b> APRIL 25-MAY 1	Fartlek (speed play) 10-15sec sprint pick ups every 2 mins x 30mins	<b>April 20</b> Out and back on Leg 2, Capilano Pacific Trail to Cleveland Dam. Meet at Keith Road, West Vancouver.	<b>8KM</b> 60-90 MINS
<b>5</b> MAY 2-8	Ladder Intervals 3mins mod/1min slow 4mins mod/2mins slow 5mins mod/2mins slow Then repeat 4min & 3min	<b>April 27</b> Out and back on Leg 2, Capilano Pacific Trail to Nancy Greene. Meet at Keith Road, West Vancouver.	<b>7.5KM</b> 60-90 MINS
<b>6</b> MAY 9-15	10 x 20secs sprints / 40 secs slow recovery 1500m slow run recovery *Repeat twice	<b>May 4: Injury Prevention</b> The Grind and Peak. Meet at the Grouse Grind entrance.	<b>9 KM</b> 1.20-2 HOURS
<b>7</b> MAY 16-22	Trail hill repeats 6 x 60-90secs hill sprints with 5mins recovery in between	<b>May 11: Gear &amp; Race Prep Talk</b> Out and back on Nancy Greene to Grouse, then east on Baden-Powell Trail. Meet at Cleveland Dam.	<b>11 KM</b> 1.20-2 HOURS
<b>8</b> MAY 23-29	Negative split tempo 15mins moderate, turn around and run back 15mins fast.	<b>May 18</b> Out and back on the Baden-Powell heading towards Cypress. Meet at Cleveland Dam.	<b>12KM</b> 1.30-2.15 HOURS
<b>9</b> MAY 30-JUNE 5	3mins slow 2mins moderate 1min fast *Repeat x6	<b>May 25</b> Nancy Greene to Grind to Peak. Meet at Cleveland Dam.	<b>13.5 KM</b> 1.30-2.15 HOURS
<b>10</b> JUNE 6-12	Ambleside hills 15mins warm up 6 x 60mins hill sprints with 4-5mins recovery in between 15mins recovery/cool down	<b>June 1: Nutrition Tips</b> The Grind and Peak. Meet at the Grouse Grind entrance.	<b>8 KM</b> 60-90 MINS
	Trail run 60mins Out and back 30mins on Capilano Pacific Trail	<b>June 8: Post-Run Yoga &amp; Race Day Tips</b> The Peak. Grouse Mountain Chalet (Please Upload Via Tram by 5:45pm latest)	<b>RACE DAY!</b> 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](http://SeekThePeak.ca) to receive weekly emails with at-home drills and nutritional tips & recipes.