

## 2017-2018 Gradual Training Schedule

	Long Run	Mid-distance or Tempo Run	Hill Run
14-Aug-17	3-4 miles	4 miles	4 mile hilly run
21-Aug-17	3-5 miles	4 miles	4 mile hilly run
28-Aug-17	3-5 miles	4 miles	4 mile hilly run
04-Sep-17	3-5 miles	4 miles	4 mile hilly run
11-Sep-17	4-5 miles	4 miles	4 mile hilly run
18-Sep-17	4-5 miles	4 miles	4 mile hilly run
25-Sep-17	4-5 miles	4 miles	4 mile hilly run
02-Oct-17	4-5 miles	4 miles	4-5 mile hilly run
09-Oct-17	4-5 miles	4 miles	4-5 mile hilly run
16-Oct-17	5 miles	4 miles	5 mile hilly run
23-Oct-17	5-6 miles	4 miles	5 mile hilly run
30-Oct-17	5-6 miles	4 miles	5 mile hilly run
06-Nov-17	6 miles	4 miles	5 mile hilly run
13-Nov-17	6 miles	4 miles	5 mile hilly run
20-Nov-17	6 miles	4 miles	5 mile hilly run
27-Nov-17	6-7 miles	4-5 miles	5 mile hilly run
04-Dec-17	6-7 miles	4-5 miles	5 mile hilly run
11-Dec-17	6-7 miles	4-5 miles	5 mile hilly run
18-Dec-17	Over the holiday season, take it easy. Cut back on your mileage. You can maintain fitness by running 2-3 times each week with each run being 30-60 minutes long.		
25-Dec-17	Over the holiday season, take it easy. Cut back on your mileage. You can maintain fitness by running 2-3 times each week with each run being 30-60 minutes long.		
01-Jan-18	5-6 miles	4 miles	5 mile hilly run
08-Jan-18	6-7 miles	4-6 miles	5 mile hilly run
15-Jan-18	7-8 miles	4-6 miles	5-6 mile hilly run
22-Jan-18	8-9 miles	4-6 miles	5-6 mile hilly run
29-Jan-18	9 miles	4-6 miles	5-6 mile hilly run
05-Feb-18	6-9 miles	4-6 miles	5-6 mile hilly run
12-Feb-18	10 miles	4-6 miles	5-6 mile hilly run
19-Feb-18	4-6 miles	4 miles	4-6 mile hilly run
26-Feb-18	6 miles	8 miles	5-6 mile hilly run
05-Mar-18	11 miles	4-6 miles	5-6 mile hilly run
12-Mar-18	5 miles	4-5 miles	Leave for race

Boxes in yellow are ASL holiday periods

This is the "ease back into running" phase. If you didn't run much over the summer, keep your pace slow. Let your body adjust back to the routine. For Aug and Sept, all the runners follow the same route so you can work your way up in the group (pace-wise) over the weeks.

During Oct and early Nov, there is lots of flexibility in terms of mileage. If you're feeling good, throw in a longer (6-7 miles) route every now and then. If you are still finding your running legs, go for the shorter distances. Think about incorporating yoga or pilates into your regime. Also consider having an assessment done at APPI or with Victor. Physios can check for muscle imbalances and/or structural issues which may impact your running. Consider making the weekly mid-distance run a tempo or speedwork session.

From mid-November to mid-December, try to get very comfortable with an 6-7 mile run. Build your long runs for a couple of weeks, then cut back your mileage for a week. You can do the build/cut-back as it suits your travel/work/family schedule. Just make sure to not continually build without allowing for a recovery week. Experts suggest you increase your mileage no more than 10% a week.

This is mileage building time! If you are struggling to remain motivated or are dealing with aches/pains, consider doing less mileage on your mid-distance run. You could also do 5 miles of hills instead of 6 miles. The long run is the most important thing during this period. Notice the build of mileage then the periodic cutback weeks. Do this! It doesn't have to follow this schedule precisely, but don't continually build your mileage without giving your body some recovery weeks with less mileage.

On these last few long runs, fine-tune your fueling for the race. Most experienced runners take a gel or sports drink during a half-marathon. Whatever your fuel of choice, practice taking it before race-day to make sure you don't react badly to it. Make sure you run with anything you are going to wear or use during the race. Remember, nothing new on race day!