



| *EASTSIDE 10K* |

# **TRAINING PLAN**



# A RUN IN, FOR, AND WITH THE EASTSIDE

GET FAST,  
STRONG AND READY  
TO TOE THE LINE  
COME RACE DAY.

Whether you're running your first 10K or your 100th, having a well-structured prepared training plan is your best bet to set you up for a successful race day. From mobility and endurance to strength and recovery, this plan provides everything you need to have your best race yet—and maybe even snag yourself a PR along the way.

All you need is eight weeks, a foam roller and a lot of commitment to get fast, strong and ready to toe the line come race day.

Are you ready?



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**EASTSIDE 10K COURSE MAP**

# PROGRAM OVERVIEW

THIS EIGHT-WEEK PROGRAM WILL HELP YOU BECOME A BETTER RUNNER WITH MOBILITY, ENDURANCE STRENGTH, AND RECOVERY TRAINING.



## STRENGTH

The strength program is designed specifically to meet the demands of a runner who is looking to get a competitive edge. It is not designed to build muscle, but rather enhance your stability and mobility to run stronger. All sessions are circuit-based to help build strength while taxing your cardiovascular system.

**TIMES PER WEEK: 2X**

**OPTIONAL EQUIPMENT: KETTLEBELLS, DUMBBELLS**



## MOVEMENT AND MOBILITY

The Movement & Mobility Routine will prepare your body for running by increasing mobility at the ankles, hips and T-spine. It will also activate your body for the twice weekly strength sessions. Keeping the body in good condition is not only better for performance, but also helps you stay injury-free. These pre-run exercises are developed to work on areas of the body that are pushed to the max while running, specifically the feet, hips and torso.

**TIMES PER WEEK: EVERY DAY**

**REQUIRED EQUIPMENT: FOAM ROLLER**



## RUNNING AND ENDURANCE

The running program is built for beginner- and intermediate-level runners. You will be introduced to tempo running, fast hill repeats and long slow runs, as well as understanding the discipline of recovery runs.

**TIMES PER WEEK: 5X**



## RECOVERY

The recovery routine is based on Under Armour's belief that today's recovery is tomorrow's training. It is essential to attempt to restore movement quality after a run. The program is designed to hit the areas of the body that need the most attention. These moves will require a foam roller or tennis ball, which can be found at your local gym or health club. These moves should be done after every workout.

**TIMES PER WEEK: EVERY DAY**

**REQUIRED EQUIPMENT: FOAM ROLLER OR TENNIS BALL**

# UA RUN STRONG

## PROGRAM

W K	MON	TUES	WED	THUR	FRI	SAT	SUN
1	<b>MOVEMENT &amp; MOBILITY</b> Rest (no run or strength session) <b>RECOVERY ROUTINE</b>	<b>MOVEMENT &amp; MOBILITY</b> <b>TEMPO</b> 10min Easy + 3x (6min @ Tempo / 1min @ Easy) + 5min Easy <b>RECOVERY ROUTINE</b>	<b>MOVEMENT &amp; MOBILITY</b> <b>STRENGTH SESSION</b> 30sec, 2 sets (No run) <b>RECOVERY ROUTINE</b>	<b>MOVEMENT &amp; MOBILITY</b> <b>HILLS</b> 10min Easy + 5x (30sec @ Hill Sprint / 3min Walk downhill) + 5min Easy <b>RECOVERY ROUTINE</b>	<b>MOVEMENT &amp; MOBILITY</b> Rest (no run or strength session) <b>RECOVERY ROUTINE</b>	<b>MOVEMENT &amp; MOBILITY</b> <b>STRENGTH SESSION</b> 30sec, 2 sets <b>EASY RUN</b> 15min (road or treadmill) <b>RECOVERY ROUTINE</b>	<b>MOVEMENT &amp; MOBILITY</b> <b>LONG RUN</b> 30min (road) <b>RECOVERY ROUTINE</b>
2	<b>MOVEMENT &amp; MOBILITY</b> Rest (no run or strength session) <b>RECOVERY ROUTINE</b>	<b>MOVEMENT &amp; MOBILITY</b> <b>INTERVALS</b> (12min Easy + 6x 20sec stride/60sec easy + 5min Easy) <b>RECOVERY ROUTINE</b>	<b>MOVEMENT &amp; MOBILITY</b> <b>STRENGTH SESSION</b> 40sec, 2 sets (No run) <b>RECOVERY ROUTINE</b>	<b>MOVEMENT &amp; MOBILITY</b> <b>TEMPO</b> 10min Easy + 3x (7min @ Tempo / 1min @ Easy) + 5min Easy <b>RECOVERY ROUTINE</b>	<b>MOVEMENT &amp; MOBILITY</b> Rest (no run or strength session) <b>RECOVERY ROUTINE</b>	<b>MOVEMENT &amp; MOBILITY</b> <b>STRENGTH SESSION</b> 40sec, 2 sets <b>EASY RUN</b> 17min (road or treadmill) <b>RECOVERY ROUTINE</b>	<b>MOVEMENT &amp; MOBILITY</b> <b>LONG RUN</b> 35min (road) <b>RECOVERY ROUTINE</b>
3	<b>MOVEMENT &amp; MOBILITY</b> Rest (no run or strength session) <b>RECOVERY ROUTINE</b>	<b>MOVEMENT &amp; MOBILITY</b> <b>HILLS</b> 10min Easy + 6x (30sec @ Hill Sprint / 3min Walk downhill) + 5min Easy <b>RECOVERY ROUTINE</b>	<b>MOVEMENT &amp; MOBILITY</b> <b>STRENGTH SESSION</b> 30sec, 3 sets (No run) <b>RECOVERY ROUTINE</b>	<b>MOVEMENT &amp; MOBILITY</b> <b>INTERVALS</b> (12min Easy + 7x 20sec stride/60sec easy + 5min Easy) <b>RECOVERY ROUTINE</b>	<b>MOVEMENT &amp; MOBILITY</b> Rest (no run or strength session) <b>RECOVERY ROUTINE</b>	<b>MOVEMENT &amp; MOBILITY</b> <b>STRENGTH SESSION</b> 30sec, 3 sets <b>EASY RUN</b> 20min (road or treadmill) <b>RECOVERY ROUTINE</b>	<b>MOVEMENT &amp; MOBILITY</b> <b>LONG RUN</b> 40min (road) <b>RECOVERY ROUTINE</b>
4	<b>MOVEMENT &amp; MOBILITY</b> Rest (no run or strength session) <b>RECOVERY ROUTINE</b>	<b>MOVEMENT &amp; MOBILITY</b> <b>TEMPO</b> 10min Easy + 3x (8min @ Tempo / 1min @ Easy) + 5min Easy <b>RECOVERY ROUTINE</b>	<b>MOVEMENT &amp; MOBILITY</b> <b>STRENGTH SESSION</b> 40sec, 2 sets (No run) <b>RECOVERY ROUTINE</b>	<b>MOVEMENT &amp; MOBILITY</b> <b>EASY RUN</b> 30min (road or trail) <b>RECOVERY ROUTINE</b>	<b>MOVEMENT &amp; MOBILITY</b> Rest (no run or strength session) <b>RECOVERY ROUTINE</b>	<b>MOVEMENT &amp; MOBILITY</b> <b>STRENGTH SESSION</b> 40sec, 2 sets <b>EASY RUN</b> 15min (road or treadmill) <b>RECOVERY ROUTINE</b>	<b>MOVEMENT &amp; MOBILITY</b> <b>LONG RUN</b> 30min (road) <b>RECOVERY ROUTINE</b>
5	<b>MOVEMENT &amp; MOBILITY</b> Rest (no run or strength session) <b>RECOVERY ROUTINE</b>	<b>MOVEMENT &amp; MOBILITY</b> <b>HILLS</b> 10min Easy + 7x (30sec @ Hill Sprint / 3min Walk downhill) + 5min Easy <b>RECOVERY ROUTINE</b>	<b>MOVEMENT &amp; MOBILITY</b> <b>STRENGTH SESSION</b> 50sec, 2 sets (No run) <b>RECOVERY ROUTINE</b>	<b>MOVEMENT &amp; MOBILITY</b> <b>INTERVALS</b> (12min Easy + 8x 20sec stride/60sec easy + 5min Easy) <b>RECOVERY ROUTINE</b>	<b>MOVEMENT &amp; MOBILITY</b> Rest (no run or strength session) <b>RECOVERY ROUTINE</b>	<b>MOVEMENT &amp; MOBILITY</b> <b>STRENGTH SESSION</b> 50sec, 2 sets <b>EASY RUN</b> 22min (road or treadmill) <b>RECOVERY ROUTINE</b>	<b>MOVEMENT &amp; MOBILITY</b> <b>LONG RUN</b> 40min (road) <b>RECOVERY ROUTINE</b>
6	<b>MOVEMENT &amp; MOBILITY</b> Rest (no run or strength session) <b>RECOVERY ROUTINE</b>	<b>MOVEMENT &amp; MOBILITY</b> <b>TEMPO</b> 10min Easy + 2x (12min @ Tempo / 2min @ Easy) + 5min Easy <b>RECOVERY ROUTINE</b>	<b>MOVEMENT &amp; MOBILITY</b> <b>STRENGTH SESSION</b> 40sec, 3 sets (No run) <b>RECOVERY ROUTINE</b>	<b>MOVEMENT &amp; MOBILITY</b> <b>HILLS</b> 10min Easy + 8x (30sec @ Hill Sprint / 3min Walk downhill) + 5min Easy <b>RECOVERY ROUTINE</b>	<b>MOVEMENT &amp; MOBILITY</b> Rest (no run or strength session) <b>RECOVERY ROUTINE</b>	<b>MOVEMENT &amp; MOBILITY</b> <b>STRENGTH SESSION</b> 40sec, 3 sets <b>EASY RUN</b> 25min (road or treadmill) <b>RECOVERY ROUTINE</b>	<b>MOVEMENT &amp; MOBILITY</b> <b>LONG RUN</b> 45min (road) <b>RECOVERY ROUTINE</b>
7	<b>MOVEMENT &amp; MOBILITY</b> Rest (no run or strength session) <b>RECOVERY ROUTINE</b>	<b>MOVEMENT &amp; MOBILITY</b> <b>INTERVALS</b> (15min Easy + 8x20sec stride/60sec easy + 5min Easy) <b>RECOVERY ROUTINE</b>	<b>MOVEMENT &amp; MOBILITY</b> <b>STRENGTH SESSION</b> 50sec, 3 sets (No run) <b>RECOVERY ROUTINE</b>	<b>MOVEMENT &amp; MOBILITY</b> <b>TEMPO</b> 10min Easy + 20min @ Tempo + 5min Easy <b>RECOVERY ROUTINE</b>	<b>MOVEMENT &amp; MOBILITY</b> Rest (no run or strength session) <b>RECOVERY ROUTINE</b>	<b>MOVEMENT &amp; MOBILITY</b> <b>STRENGTH SESSION</b> 50sec, 3 sets <b>EASY RUN</b> 27min (road or treadmill) <b>RECOVERY ROUTINE</b>	<b>MOVEMENT &amp; MOBILITY</b> <b>LONG RUN</b> 50min (road) <b>RECOVERY ROUTINE</b>
8	<b>MOVEMENT &amp; MOBILITY</b> Rest (no run or strength session) <b>RECOVERY ROUTINE</b>	<b>MOVEMENT &amp; MOBILITY</b> <b>HILLS</b> 10min Easy + 6x (30sec @ Hill Sprint / 3min Walk downhill) + 5min Easy <b>RECOVERY ROUTINE</b>	<b>MOVEMENT &amp; MOBILITY</b> <b>STRENGTH SESSION</b> 30sec, 2 sets (No run) <b>RECOVERY ROUTINE</b>	<b>MOVEMENT &amp; MOBILITY</b> <b>EASY RUN</b> 20min (road) <b>RECOVERY ROUTINE</b>	<b>MOVEMENT &amp; MOBILITY</b> Rest (no run or strength session) <b>RECOVERY ROUTINE</b>	<b>MOVEMENT &amp; MOBILITY</b> Rest (no run or strength session) <b>RECOVERY ROUTINE</b>	<b>MOVEMENT &amp; MOBILITY</b> <b>RACE</b> <b>RECOVERY ROUTINE</b>

# UA RUN TRAINING **TERMINOLOGY**



## **TEMPO RUN**

A disciplined, steady-paced run, working at threshold pace (between 10K and marathon race pace). Aim for an RPE (Rate of Perceived Exertion) of 7 out of 10.



## **HILL REPEATS**

Uphill running intervals done at near maximum intensity. The recovery jog between sets is critical. It is key to focus on technique and form.



## **LONG RUN**

Longest run of the week, performed at a steady and comfortable pace. Aim for an RPE of 6 out of 10.



## **INTERVAL RUN**

A run with periods of increased speed for preset time limits. Aim for an RPE of 8 out of 10.

# MOVEMENT & MOBILITY

## ROUTINE



### GLUTE FOAM ROLL

30 seconds on each side



### T-SPINE FOAM ROLL

30 seconds



### CALF FOAM ROLL

30 seconds each leg



### DOWNWARD DOG

TO CLOSED ROTATION  
STEP 1

10-12 reps alternate sides



### DOWNWARD DOG

TO CLOSED ROTATION  
STEP 2

10-12 reps alternate sides



### FOOT ROLL

BOTH FEET WITH  
TENNIS BALL

30 seconds each foot



### CRAB WITH REACH

STEP 1

Alternate sides for 6 reps



### CRAB WITH REACH

STEP 2

Alternate sides for 6 reps



### APE WITH REACH

5 reps

# **STRENGTH**

## **SESSION**

PERFORM EXERCISES 1-7 WITH AS LITTLE REST AS POSSIBLE BETWEEN THEM.  
PERFORM 1-3 ROUNDS. REFER TO THE TRAINING CALENDAR FOR RECOMMENDED TIMES  
AND SETS. TAKE 30-60 SECONDS AFTER EACH ROUND TO RECOVER AND REHYDRATE.



**SIDE PLANK**



**HIP PRESS**



**PRISONER  
SQUAT**



**PUSH-UP**



**WALKING  
LUNGE**

—  
Alternate legs as you walk



**HIGH PLANK**

—  
During off period,  
rest your knees on the ground



**LATERAL  
LUNGE**

—  
Perform the move on both  
sides to complete one set

# RECOVERY ROUTINE



## GLUTE FOAM ROLL

30 seconds on each side



## IT BAND ROLL

30 seconds on each side

2 sets



## HIP SWEEP

3x each side



## DOWNWARD DOG

TO CLOSED ROTATION  
STEP 2

3x each side  
Refer to page 7 for step 1



## T-SPINE ROLL

30 seconds

2 sets



## CALF FOAM ROLL

30 seconds each leg

2 sets



## ADDUCTOR ROLL

30 seconds on each side



## SWAN STRETCH

STEP 1

20 seconds each side



## SWAN STRETCH

STEP 2

20 seconds each side

# **UA STRENGTH TRAINING**

## *PRINCIPLES*

IF FOLLOWED, THE UA STRENGTH TRAINING PRINCIPLES WILL LEAD TO SAFE AND EFFECTIVE MOVEMENTS, WHICH WILL ULTIMATELY KEEP YOU RUNNING BETTER, FASTER, STRONGER AND LONGER.



### **CREATE WHOLE BODY TENSION**

You want to create tension in key areas of your body. Squeezing your glutes, quads and torso and locking in your shoulder blades keeps you to stable and aligned to get maximum benefit from every rep.



### **EVERY REP IS INDIVIDUAL**

The first rep and the last rep should look the same. Think about a split second reset between each rep to reset your body's alignment and brace your core. Create tension, get stable and then move.



### **FAIL WITH INTEGRITY**

It's OK to stop while ahead. If you perform a rep and it doesn't feel right, maybe try one more. If it doesn't get any better, stop. Beyond that point, you're doing more harm than good. Don't be afraid to save a rep for next time.



### **QUALITY OVER QUANTITY**

Don't be concerned with how many reps or sets you get. Be concerned with how they look and feel.



### **INCREASE YOUR CHALLENGE**

In any of the exercises, load can be added to increase the challenge, but only when the movements have been mastered with your bodyweight first!

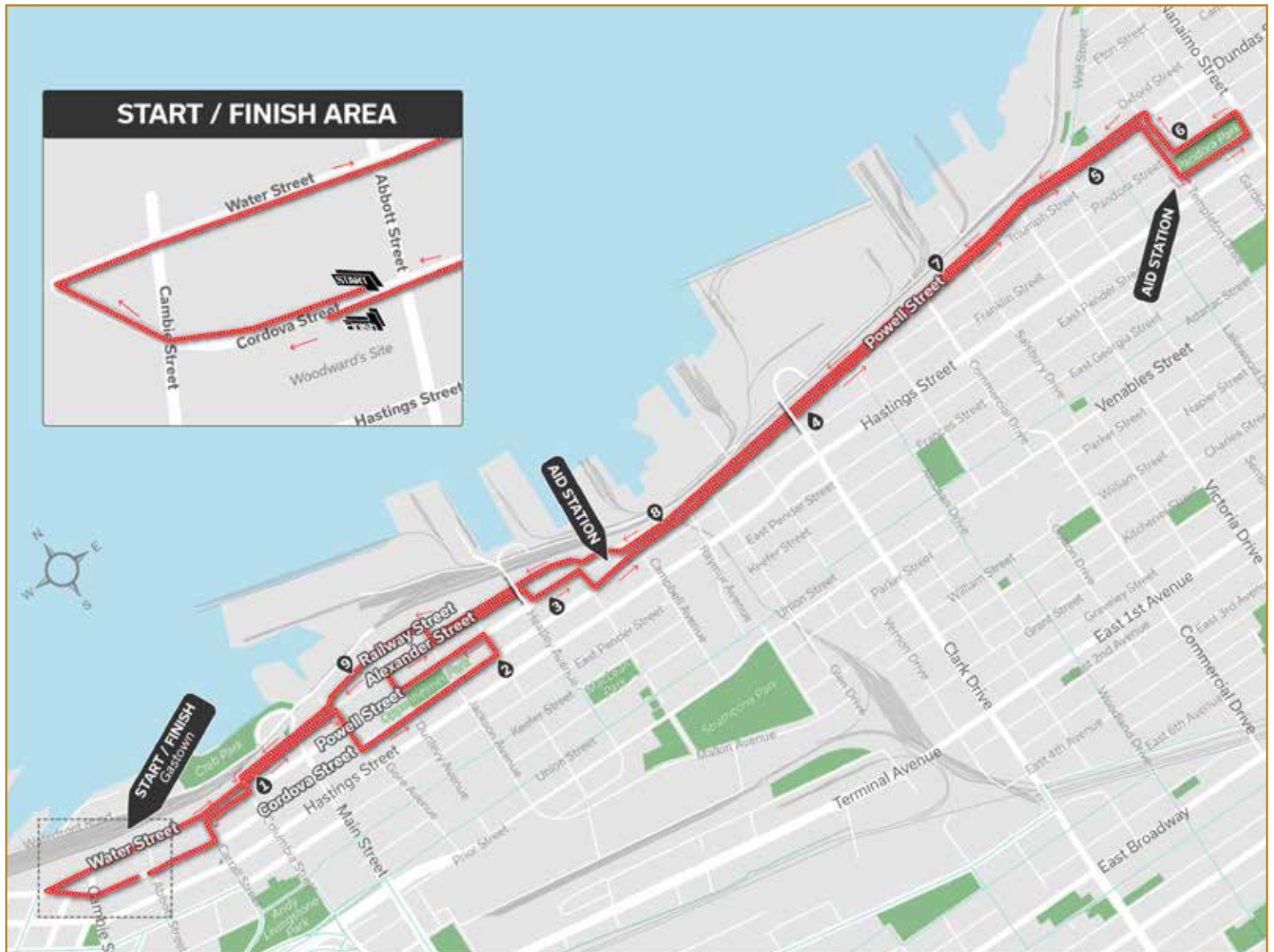


### **CAREFUL PROGRESSION**

Progressions should only be attempted when complete mastery of a current level has been obtained (e.g., Mastery of a stationary lunge before progressing to the walking lunge).

# EASTSIDE 10K

## COURSE MAP

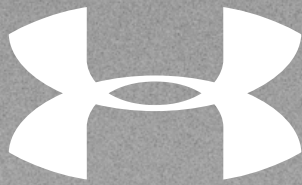


### START LOCATION - WOODWARD'S DEVELOPMENT

Runners will start and finish on Cordova St beside the Woodward's Development. After heading west, runners will turn back onto Water St through Gastown, continuing on Alexander St to Gore Ave. The route circles Oppenheimer Park, then follows Alexander St under Heatley

Ave and onto the Powell St overpass. Runners continue on Powell St up to Dundas St, then climb Templeton Dr up to circle Pandora Park before returning down Dundas St and back onto Powell St. The route continues onto Alexander St. and then drops down to

Railway St. before returning to Gastown on Alexander St. Runners turn up Columbia St onto Powell St, then take Carrall St to Cordova St to finish back at Woodward's.



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**EAST SIDE 10K**

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