



# FORERUNNERS

**FORERUNNERS MAIN STREET (All workouts start from 3889 Main Street)**

**2019 WINTER/SPRING CLINIC FOR SCOTIA HALF MARATHON - SPONSORED BY SAUCONY**

WEEK OF	MONDAY-FINISHER	WEDNESDAY 6:20pm		SATURDAY 8am - Aerobic Endurance Run
	Homework Run	Speed, Intervals, Hills		SCOTIA HALF-Start Training Jan 9
7 January 2019				7km easy
14 January 2019	5km easy pace	LONG INTERVALS	6x3min(10km pace)[1min rest]	7km easy
21 January 2019	6km easy pace	PYRAMIDS	2,3,4,5,4,3,2min(10km pace)[1min rest]	7.5km easy
28 January 2019	6km easy pace	SHORT INTERVALS	10x2min(10km pace)[1min rest]	7.5km easy
4 February 2019	7km easy pace	LONG INTERVALS	6x3min(10km pace)[1min rest]	8km easy
11 February 2019	7km easy pace	HILLS	10x1min HILLS (10km pace)[1min rest]	8km easy
18 February 2019	8km easy pace	MIXED INTERVALS	3x{3,2,1min}(10km pace)[1min rest]	8km easy
25 February 2019	8km easy pace	SHORT INTERVALS	12x75 sec(10km pace)[1min rest]	8km easy
4 March 2019	8km easy pace	PYRAMIDS	2,3,4,5,4,3,2min(10km pace)[1min rest]	9km easy
11 March 2019	8km easy pace	HILLS	10x1min HILLS (10km pace)[1min rest]	St Pattys 5km, or, 10km easy
18 March 2019	8km easy pace	REVERSE LADDER	6,5,4,3,2,1 min(10km pace)[1 min rest]	11km easy
25 March 2019	10km easy pace	MIXED INTERVALS	3x{3,2,1min}(10km pace)[1min rest]	12km easy
1 April 2019	10km easy pace	SHORT INTERVALS	8-10x2min(10km pace)[1min rest]	13km easy
8 April 2019	10km easy pace	LADDER	1,2,3,4,5,6 min (10km pace)[1min rest]	14km easy
15 April 2019	10km easy pace	LONG INTERVALS	6x3min(10km pace)[1min rest]	15km easy
22 April 2019	10km easy pace	PYRAMIDS	2,3,4,5,4,3,2min(10km pace)[1min rest]	15km easy
29 April 2019	10km easy pace	SHORT INTERVALS	3x{3,2,1min}(10km pace)[1min rest]	<b>BMO 8km, May 5; or, 15km easy</b>
6 May 2019	10km easy pace	REVERSE LADDER	6,5,4,3,2,1 min(10km pace)[1 min rest]	16km easy
13 May 2019	10km easy pace	MIXED INTERVALS	3x{3,2,1min}(10km pace)[1min rest]	<b>17km (inc 3x2km M pace)</b>
20 May 2019	10km easy pace	SHORT INTERVALS	8-10x2min(10km pace)[1min rest]	18km easy
27 May 2019	10km easy pace	LADDER	1,2,3,4,5,6 min (10km pace)[1min rest]	20km easy
3 June 2019	10km easy pace	LONG INTERVALS	6x3min(10km pace)[1min rest]	<b>15km (inc 3x2km M pace)</b>
10 June 2019	10km easy pace	PYRAMIDS	2,3,4,5,4,3,2min(10km pace)[1min rest]	15km easy
17 June 2019	10km easy pace	SHORT INTERVALS	3x{3,2,1min}(10km pace)[1min rest]	<b>Scotia Half - June 23</b>

M = Marathon Goal Pace; H = Half Marathon Goal Pace; T = Tempo Pace which equals 15km Race Pace; 10km pace = 10km Race Pace; 5km = 5km Race Pace

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Easy = Half Marathon pace plus 45 seconds per km

Note: schedule subject to changes as necessary.

Speed workouts and tempo workouts include warm-up jogs, stretches, running drills and warm-down jogs

**"TRY OUT THE RUNNING CLINIC: BRING A COPY OF THIS SCHEDULE AS A ONE TIME FREE DROP IN PASS"**