UA SPRING RUN-OFF

TRAINING PLAN

May 4–July 1, 2020 | Virtual Run

#UASpringRunOff

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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

WK	MON	TUES	WED	THUR	FRI	SAT	SUN
1	MOVEMENT & MOBILITY Rest (No run or strength session) RECOVERY ROUTINE	MOVEMENT & MOBILITY TEMPO 10min Easy + 3x (6min @ Tempo / 1min @ Easy) + 5min Easy RECOVERY ROUTINE	MOVEMENT & MOBILITY STRENGTH SESSION 30sec, 2 sets (No run) RECOVERY ROUTINE	MOVEMENT & MOBILITY HILLS 10min Easy + 5x (30sec @ Hill Sprint / 3min Walk Downhill) + 5min Easy RECOVERY ROUTINE	MOVEMENT & MOBILITY Rest (No run or strength session) RECOVERY ROUTINE	MOVEMENT & MOBILITY STRENGTH SESSION 30sec, 2 sets EASY RUN 15min (Road or Treadmill) RECOVERY ROUTINE	MOVEMENT & MOBILITY LONG RUN 30min (Road) RECOVERY ROUTINE
2	MOVEMENT & MOBILITY Rest (No run or strength session) RECOVERY ROUTINE	MOVEMENT & MOBILITY INTERVALS 12min Easy + 6x 20sec Stride/60sec Easy + 5min Easy RECOVERY ROUTINE	MOVEMENT & MOBILITY STRENGTH SESSION 40sec, 2 sets (No run) RECOVERY ROUTINE	MOVEMENT & MOBILITY TEMPO 10min Easy + 3x (7min @ Tempo / 1min @ Easy) + 5min Easy RECOVERY ROUTINE	MOVEMENT & MOBILITY Rest (No run or strength session) RECOVERY ROUTINE	MOVEMENT & MOBILITY STRENGTH SESSION 40sec, 2 sets EASY RUN 17min (Road or Treadmill) RECOVERY ROUTINE	MOVEMENT & MOBILITY LONG RUN 35min (Road) RECOVERY ROUTINE
3	MOVEMENT & MOBILITY Rest (No run or strength session) RECOVERY ROUTINE	MOVEMENT & MOBILITY HILLS 10min Easy + 6x (30sec @ Hill Sprint / 3min Walk Downhill) + 5min Easy RECOVERY ROUTINE	MOVEMENT & MOBILITY STRENGTH SESSION 30sec, 3 sets (No run) RECOVERY ROUTINE	MOVEMENT & MOBILITY INTERVALS 12min Easy + 7x 20sec Stride/60sec Easy + 5min Easy RECOVERY ROUTINE	MOVEMENT & MOBILITY Rest (No run or strength session) RECOVERY ROUTINE	MOVEMENT & MOBILITY STRENGTH SESSION 30sec, 3 sets EASY RUN 20min (Road or Treadmill) RECOVERY ROUTINE	MOVEMENT & MOBILITY LONG RUN 40min (Road) RECOVERY ROUTINE
4	MOVEMENT & MOBILITY Rest (No run or strength session) RECOVERY ROUTINE	MOVEMENT & MOBILITY TEMPO 10min Easy + 3x (8min @ Tempo / 1min @ Easy) + 5min Easy RECOVERY ROUTINE	MOVEMENT & MOBILITY STRENGTH SESSION 40sec, 2 sets (No run) RECOVERY ROUTINE	MOVEMENT & MOBILITY EASY RUN 30min (Road or Trail) RECOVERY ROUTINE	MOVEMENT & MOBILITY Rest (No run or strength session) RECOVERY ROUTINE	MOVEMENT & MOBILITY STRENGTH SESSION 40sec, 2 sets EASY RUN 15min (Road or Treadmill) RECOVERY ROUTINE	MOVEMENT & MOBILITY LONG RUN 30min (Road) RECOVERY ROUTINE
5	MOVEMENT & MOBILITY Rest (No run or strength session) RECOVERY ROUTINE	MOVEMENT & MOBILITY HILLS 10min Easy + 7x (30sec @ Hill Sprint / 3min Walk Downhill) + 5min Easy RECOVERY ROUTINE	MOVEMENT & MOBILITY STRENGTH SESSION 50sec, 2 sets (No run) RECOVERY ROUTINE	MOVEMENT & MOBILITY INTERVALS 12min Easy + 8x 20sec Stride/60sec Easy + 5min Easy RECOVERY ROUTINE	MOVEMENT & MOBILITY Rest (No run or strength session) RECOVERY ROUTINE	MOVEMENT & MOBILITY STRENGTH SESSION 50sec, 2 sets EASY RUN 22min (Road or Treadmill) RECOVERY ROUTINE	MOVEMENT & MOBILITY LONG RUN 40min (Road) RECOVERY ROUTINE
6	MOVEMENT & MOBILITY Rest (No run or strength session) RECOVERY ROUTINE	MOVEMENT & MOBILITY TEMPO 10min Easy + 2x (12min @ Tempo / 2min @ Easy) + 5min Easy RECOVERY ROUTINE	MOVEMENT & MOBILITY STRENGTH SESSION 40sec, 3 sets (No run) RECOVERY ROUTINE	MOVEMENT & MOBILITY HILLS 10min Easy + 8x (30sec @ Hill Sprint / 3min Walk Downhill) + 5min Easy RECOVERY ROUTINE	MOVEMENT & MOBILITY Rest (No run or strength session) RECOVERY ROUTINE	MOVEMENT & MOBILITY STRENGTH SESSION 40sec, 3 sets EASY RUN 25min (Road or Treadmill) RECOVERY ROUTINE	MOVEMENT & MOBILITY LONG RUN 45min (Road) RECOVERY ROUTINE
7	MOVEMENT & MOBILITY Rest (No run or strength session) RECOVERY ROUTINE	MOVEMENT & MOBILITY INTERVALS 15min Easy + 8x 20sec Stride/60sec Easy + 5min Easy RECOVERY ROUTINE	MOVEMENT & MOBILITY STRENGTH SESSION 50sec, 3 sets (No run) RECOVERY ROUTINE	MOVEMENT & MOBILITY TEMPO 10min Easy + 20min @ Tempo + 5min Easy RECOVERY ROUTINE	MOVEMENT & MOBILITY Rest (No run or strength session) RECOVERY ROUTINE	MOVEMENT & MOBILITY STRENGTH SESSION 50sec, 3 sets EASY RUN 27min (Road or Treadmill) RECOVERY ROUTINE	MOVEMENT & MOBILITY LONG RUN 50min (Road) RECOVERY ROUTINE
8	MOVEMENT & MOBILITY Rest (No run or strength session) RECOVERY ROUTINE	MOVEMENT & MOBILITY HILLS 10min Easy + 6x (30sec @ Hill Sprint / 3min Walk Downhill) + 5min Easy RECOVERY ROUTINE	MOVEMENT & MOBILITY STRENGTH SESSION 30sec, 2 sets (No Run) RECOVERY ROUTINE	MOVEMENT & MOBILITY EASY RUN 20min (Road) RECOVERY ROUTINE	MOVEMENT & MOBILITY Rest (No run or strength session) RECOVERY ROUTINE	MOVEMENT & MOBILITY **RACE** RECOVERY ROUTINE MAPMYRUN	

U A   R U N   T R A I N I N G
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.

INTERVAL RUN

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

LONG RUN

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

MOVEMENT & MOBILITY
R O U T I N E

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
S E S S I O N

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
FOAM 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
FOAM ROLL
—
30 seconds
—
2 sets

CALF
FOAM ROLL
—
30 seconds each leg
—
2 sets

ADDUCTOR
FOAM 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
P R I N C I P L E S

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.

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.

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 stable and aligned to get maximum benefit from every rep.

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.

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!

QUALITY OVER QUANTITY

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

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).

www.SpringRunOff.ca