



# UA SPRING RUN-OFF

## TRAINING PLAN

April 1-April 30, 2021 | Virtual Race



#UASpringRunOff



MapMyRun

# PLAN YOUR ROUTE & COMPETE VIRTUALLY IN THE UA SPRING RUN-OFF

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

Whether you're running your first race 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 PB 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?

Run the UA Spring Run-Off Virtual Race between April 1–30, 2021.



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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

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> 12 reps, 3 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> 12 reps, 3 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> 12 reps, 3 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> 12 reps, 3 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> 12 reps, 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> 12 reps, 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> 12 reps, 3 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> 12 reps, 3 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> 12 reps, 3 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> 12 reps, 3 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> 12 reps, 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> 12 reps, 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 + 8x 20sec Stride/60sec Easy + 5min Easy <b>RECOVERY ROUTINE</b>	<b>MOVEMENT &amp; MOBILITY</b> <b>STRENGTH SESSION</b> 12 reps, 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> 12 reps, 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> 12 reps, 3 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>RACE</b> <b>RECOVERY ROUTINE</b> 	

\*Virtual Race begins April 1, 2021 and can be run through April 30, 2021.



# 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.



## 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

## ROUTINE



### POSTERIOR HIP FOAM ROLL

—  
30s both sides  
Move slow and controlled



### OUTER THIGH FOAM ROLL

—  
30s both sides  
Move slow and controlled



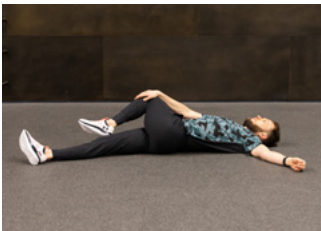
### CALF FOAM ROLL

—  
30s both sides  
Move slow and controlled



### DEEP SQUAT STRETCH

—  
30 seconds  
HOLD



### SUPINE OUTER HIP STRETCH

—  
30s each side  
HOLD



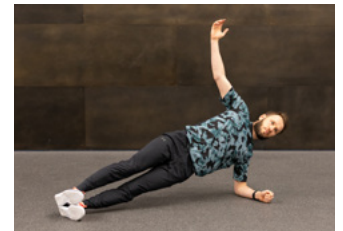
### ACTIVATE WALL SLIDE

—  
**STEP 1**  
—  
10 reps each side  
SLOW



### ACTIVATE WALL SLIDE

—  
**STEP 2**  
—  
10 reps each side  
SLOW



### ACTIVATE SIDE PLANK

—  
30s each side



### SQUAT

—  
**STEP 1**  
—  
10 reps  
SLOW



### SQUAT

—  
**STEP 2**  
—  
10 reps  
SLOW

# STRENGTH SESSION

PERFORM 12 REPETITIONS (EACH SIDE WHERE APPLICABLE) WITH LITTLE TO NO REST BETWEEN DIFFERENT EXERCISES. REST FOR 60 SECONDS ONCE COMPLETED ALL 6. PERFORM 3 SETS.



**REVERSE LUNGE**

**STEP 1**



**REVERSE LUNGE**

**STEP 2**



**PUSH UP**

**STEP 1**



**PUSH UP**

**STEP 2**



**ACTIVE FLOOR  
BRIDGE MARCHING**

**STEP 1**



**ACTIVE FLOOR  
BRIDGE MARCHING**

**STEP 2**



**SIDE LUNGE**

**STEP 1**



**SIDE LUNGE**

**STEP 2**



**SINGLE  
LEG TD**

**STEP 1**



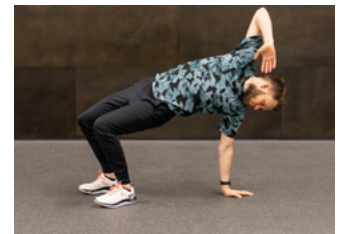
**SINGLE  
LEG TD**

**STEP 2**



**CRAB**

**STEP 1**



**HIGH BRIDGE  
REACH**

**STEP 2**



# RECOVERY ROUTINE



## GROIN FOAM ROLL

30 seconds both sides  
SLOW



## MID BACK FOAM ROLL

30 seconds  
SLOW



## THIGH FOAM ROLL

30 seconds  
SLOW



## GROIN STRETCH

30s both sides  
HOLDS



## MID BACK STRETCH

### STEP 1

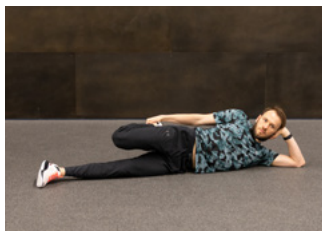
8 reps  
SLOW



## MID BACK STRETCH

### STEP 2

8 reps  
SLOW



## THIGH STRETCH

### STEP 2

30s both sides  
HOLD




## SUPINE RECOVERY

USE NOSE ONLY  
Slow inhale – 5s  
Slow exhale – 5s  
3 minutes

# 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 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.



### 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).



UNDER ARMOUR



[www.SpringRunOff.ca](http://www.SpringRunOff.ca)