



**commit to get fit**



**run**  
thewellness  
Institute

**ready to run  
programs**

[committogefitrun.ca](http://committogefitrun.ca)



## **Take steps with us to reduce the risk of disease in our lives, our families and our community.**

Join us to raise awareness for the power of lifestyle change by taking steps to walk or run with us. All ability levels welcome. A commitment to living an active life can help treat and/or prevent more than 40 chronic conditions, including high blood pressure; colon and breast cancers; Type 2 diabetes; and stroke.

This annual event is part of the Wellness Institute at Seven Oaks General Hospital's commitment to wellness, disease prevention and rehabilitation in our community.

# Find Your Training Program

## Getting Started – Train for a 5K

### a COMFORT ZONE (Couch-to-5k) PROGRAM:

You may not be quite ready to change all the way from your “curl up in front of the TV with a bag of popcorn” lifestyle to an everyday runner, but here’s a program that will get you off the couch and starting to walk and run towards a healthier lifestyle! By the end of the program you’ll be set to walk or walk/run a 5K.

### b FENCE-SITTER (I’m tired of the couch and thinking of hitting the pavement) PROGRAM:

You may be one of those who used to exercise but stopped within the last 10 years and miss how it used to feel. Or maybe you are new to exercise and want to give it a try. This program is similar to the Comfort Zone program, but for a slightly more ambitious beginner getting set to run or run/walk a 5K.

## Ready for More – Train for a 10K

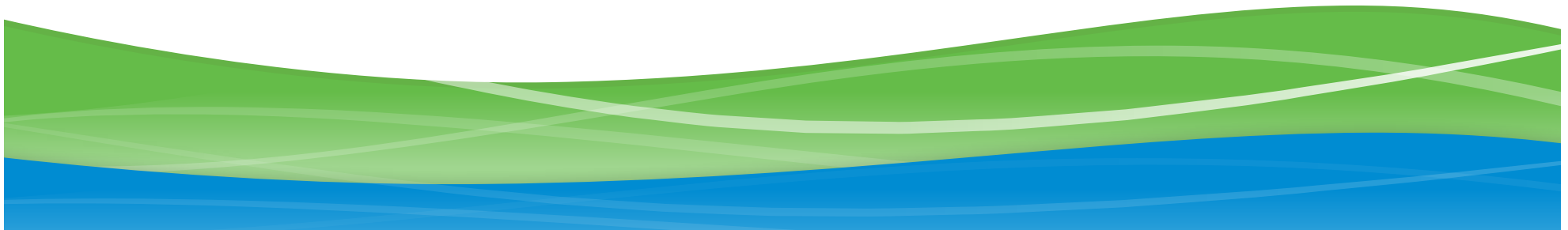
### a CROSSROADS (From 5k to 10k... finally!) PROGRAM:

You’ve been thinking seriously about changing your routine. Maybe you’ve been doing other kinds of exercise and feel you’re fit enough to start running. Or maybe you’ve been running the same amount of time and distance for what seems like forever and you’re ready to step it up! This novice program will prepare you for your first 10K.

### b ZERO HOUR (I’m dedicated and I want something more challenging!) PROGRAM:

You’ve been running for some time and you’re feeling pretty good about your current fitness level. This program will help you get even more fit and kick your routine up a notch! At the end of this program you’ll confidently tackle your 10K run.

Sign up for the 5 or 10 km Commit Fit Run as a goal to work toward. You’ll be surprised how much you can accomplish just by committing to the run and training to take part.

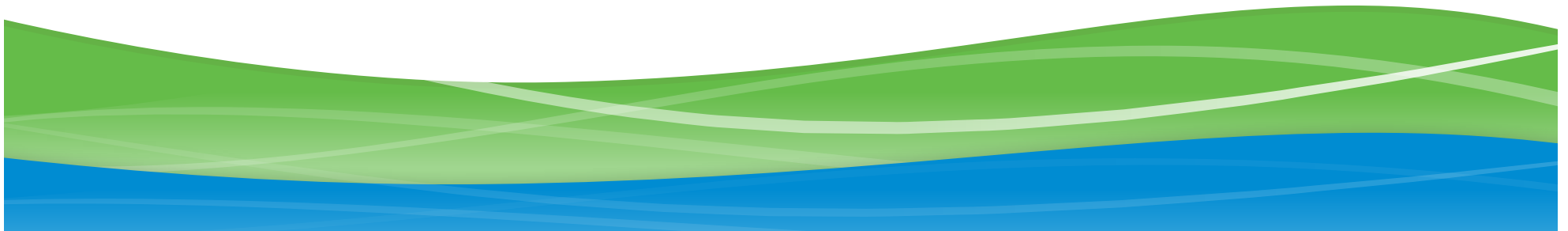


# How to Use Your Training Program

## Build, Recover, Taper...

- Each program is made up of a three-week Build and a one-week Recovery Phase. During the Build you may feel some fatigue accumulate, but during the Recovery you should feel the energy return. It is important to listen to your body during this week and ensure that you feel recovered at the end.
- The Recovery week involves decreasing volume and duration, but not intensity, so keep the intensity high and the volume and duration low.
- Use the program on a monthly rotation leading up to the event you're training toward. If you feel like you can do more, either add to it or move up to the next program. (Step up to the other programs to help with your progress).
- Two weeks prior to the event you're training for, start to "taper" your workouts. This means you should use the Recovery week workouts at two weeks prior, and then cut the Recovery workouts in half (duration) at one week before the event. This will help you feel recovered, but still keep sharp and ready to go!
- If you're only training for one event you may continue to use the program and continue to progress. If you want to train for another event use the same principles: Build, Recover and Taper.

Always start your training session with a five to ten minute warm-up and finish with a five to ten minute cool down of moderately intense exercise... and remember to stretch!



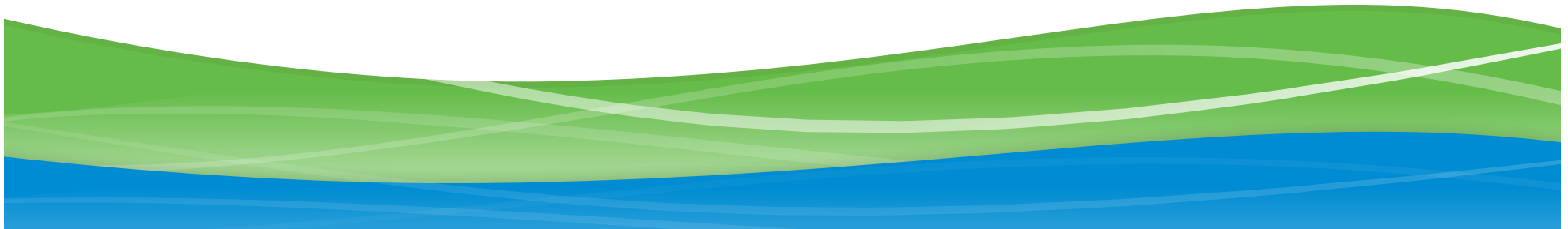
# Comfort Zone Program Goal to Walk or Walk/Run a 5K

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1		6x alternating 60 sec jog/ 60 sec walk		4x alternating 90 sec jog/ 90 sec walk			30 min brisk walk
Week 2		8x alternating 60 sec jog/ 30 sec walk		6x alternating 90 sec jog/ 60 sec walk			35 min brisk walk
Week 3		8x alternating 90 sec jog/ 30 sec walk		5x alternating 2 min jog/ 60 sec walk			40 min brisk walk
Week 4		10x alternating 30 sec jog/ 30 sec walk		8x alternating 60 sec jog/ 60 sec walk			25 min brisk walk

Always start and finish each session with a 5 to 10 minute warm-up/cool down of moderately intense exercise.

As you progress and feel more comfortable you may increase your run time or number of intervals.

You can also add on a 20-30 minute walk or other cross training activity (such as biking, swimming or elliptical trainer) at an easy to moderate level sometime during the week when you're feeling comfortable with your routine.



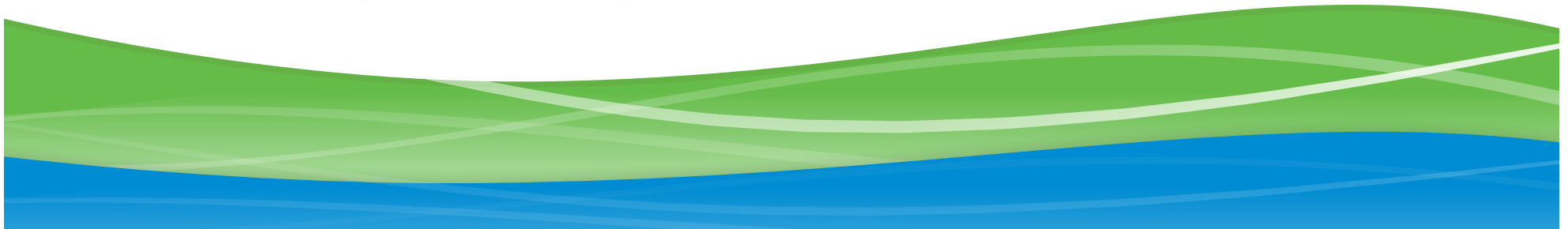
# Fence Sitting Program Goal to Run or Run/Walk a 5K

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1		12x alternating 60 sec jog/ 30 sec walk		8x alternating 2 min jog/ 60 sec walk			35 min brisk walk
Week 2		6x alternating 2 min jog/ 60 sec walk		3x alternating 5 min jog/ 2 min walk			40 min brisk walk
Week 3		4x alternating 3 min jog/ 90 sec walk		2x alternating 10 min jog/ 5 min walk			45 min brisk walk
Week 4		10x alternating 30 sec jog/ 30 sec walk		8x alternating 60 sec jog/ 60 sec walk			30 min brisk walk

Always start and finish each session with a 5 to 10 minute warm-up/cool down of moderately intense exercise.

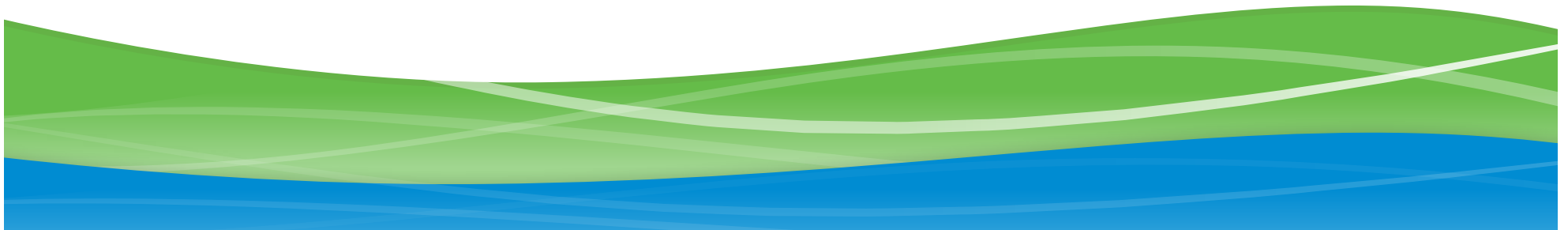
As you progress and feel more comfortable you may increase your run time or number of intervals.

You can also add on a 20-30 minute walk or other cross training activity (such as biking, swimming or elliptical trainer) at an easy to moderate level sometime during the week when you're feeling comfortable with your routine.



# Tips for Runners

- 1 It's never too late to start a running program.
- 2 See your doctor before you start.
- 3 Use a running program.
- 4 Keep a running log.
- 5 Set goals and celebrate success.
- 6 Stick to it! Don't get discouraged if you don't reach your goal at first.
- 7 Combine exercise with a proper diet.
- 8 Warm up/cool down and stretch.
- 9 Supplement running with cross training.
- 10 Find a buddy to help you stay on track and avoid boredom
- 11 Make exercise part of your everyday routine. Be consistent!
- 12 Subscribe to a running newsletter or magazine to get ideas and keep you motivated.
- 13 Ensure you are wearing proper runners for your foot and gait type. See a reputable athletic shoe store if you need help finding the perfect fit.



# Before you Run

## Safety Tips...

- 1 Run with a buddy.
- 2 If running alone, tell someone your route and when you will be back.
- 3 Run in daylight, or well lit areas if after dark.
- 4 Wear reflective clothing at night.
- 5 If running outside, be aware of your surroundings. For example, if wearing a headset, keep volume low.
- 6 If running on the road, face traffic.
- 7 Have a cell phone or bus fare available.
- 8 Listen to your body!

## Frequently Asked Questions...

### Q What does “hard” mean on the schedule? What is meant by “intensity”?

A Hard represents the intensity (as in how fast to go). Going hard means trying to run fast enough that it is a struggle yet still being able to complete the entire interval.

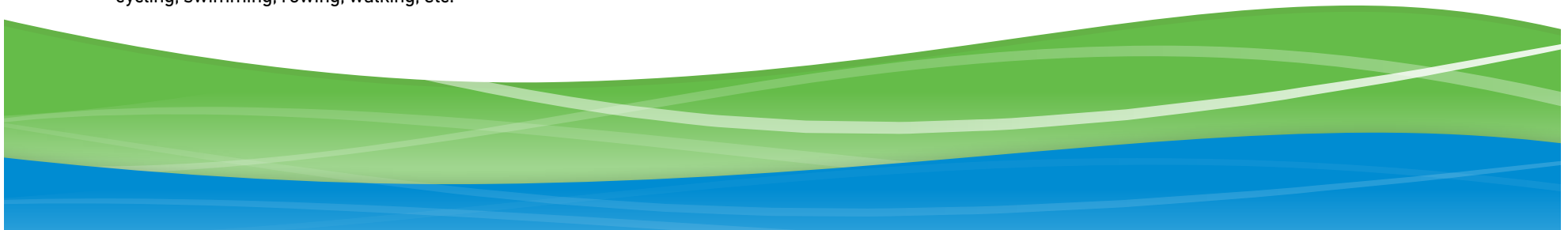
### Q What is an “interval”?

A The time period when you are doing the work. Rest periods separate the intervals and allow you to recover for the next bout of work.

### Q What can I do on the other days of the week if I have nothing scheduled?

A If your body is feeling up to it then you may do any other type of cardiovascular type exercises such as cycling, swimming, rowing, walking, etc.

Find a weekly training log at the end of this package to track your progress and help you stay in touch with how your body is feeling.





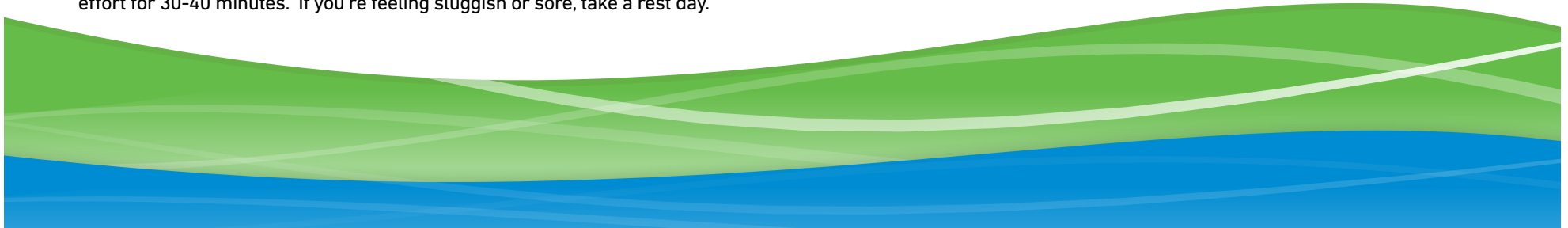
# Crossroads Program Prepare for Your First 10K

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Rest	2.5 mile steady run	Cross train or rest	12x alternating 30 sec hard run/ 1 min easy run	Rest	3.5 mile run	40-45 min easy run
Week 2	Rest	3 mile steady run	Cross train	15x alternating 30 sec hard run/ 1 min easy run	Rest	4 mile run	45-50 min easy run
Week 3	Rest	3.5 mile steady run	Cross train	18x alternating 30 sec hard run/ 1 min easy run	Rest	4.5 mile run	50-55 min easy run
Week 4	Rest	3 mile steady run	Cross train	10x alternating 30 sec hard run/ 1 min easy run	Rest	Rest	35 min easy run

Always start and finish each session with a 5 to 10 minute warm-up/cool down of moderately intense exercise.

You can switch days to accommodate your schedule. If you're busy on another day and prefer to workout on a Monday or Friday, it's fine to swap a rest day for a run day.

On Cross train days, perform any cross training activity (biking, swimming or elliptical trainer) at an easy to moderate effort for 30-40 minutes. If you're feeling sluggish or sore, take a rest day.



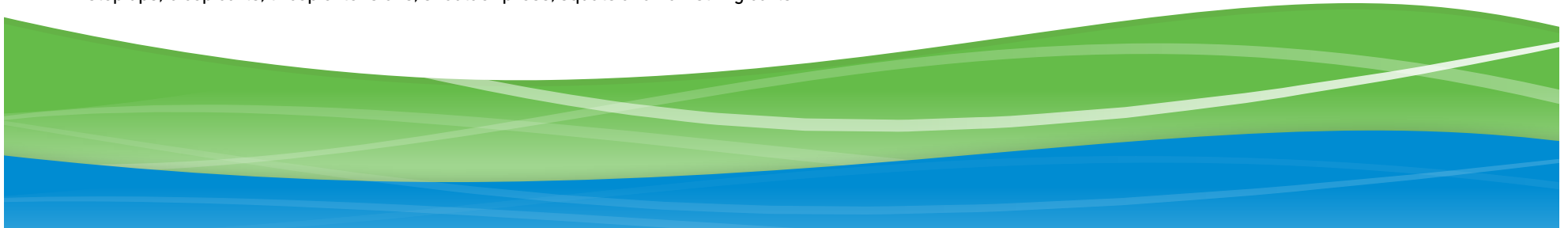
# Zero Hour Program Tackle Your 10K with Confidence

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Rest	20 min circuits*	5 mile steady run	12x alternating 30 sec hard run/ 1 min easy run	3.5 mile steady run	Rest	55-60 min easy run
Week 2	Rest	25 min circuits*	5 mile steady run	15x alternating 30 sec hard run/ 1 min easy run	4 mile steady run	Rest	60-65 min easy run
Week 3	Rest	30 min circuits*	4.5 mile steady run	18x alternating 30 sec hard run/ 1 min easy run	4 mile steady run	Rest	65-70 min easy run
Week 4	Rest	15 min circuits*	4 mile steady run	10x alternating 30 sec hard run/ 1 min easy run	Rest	Rest	45 min easy run

Always start and finish each session with a 5 to 10 minute warm-up/cool down of moderately intense exercise.

You can switch days to accommodate your schedule. If you're busy on another day and prefer to workout on a Monday or Friday, it's fine to swap a rest day for a run day.

**\*Circuits:** Continuous exercise alternating between running and resistance training. Find a spot to set up some equipment (such as an exercise ball or free weights) and alternate between 3 strength exercises and 2 laps of the track (or 2 min jogging). Circuit exercises may include sit-ups, push ups, burpees, jumping jacks, step ups, bicep curls, tricep extensions, shoulder press, squats and hamstring curls.





# commit to get fit run thewellness Institute

To register, visit us at the Wellness Institute at 1075 Leila Avenue, get a fax registration form at our website or register online



Find and "like" the Wellness Institute on Facebook for more pictures from our run

