

# Cameco Step Up Virtual Training Program – 5k

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
June 15-21	Day Off	Launch Day to the Cameco Virtual Training Program	Body Weight Strength Training Phase 1	1k Walk	Day Off	Long Run Workout 25' easy run	Body Weight Strength Training Phase 1
June 22-28	Day Off	Foundation Run + Hill Sprints 20' easy run and finish with 4 x 10" hill sprints (up to 90% of top speed) with walk down recovery	Body Weight Strength Training Phase 1	Foundation Run 20' easy run followed by Running Drills	Day Off	Long Run Workout 25' easy run	Body Weight Strength Training Phase 1
June 29-July 5	Day Off	Foundation Run + Hill Sprints 20' easy run and finish with 6 x 10" hill sprints (up to 90% of top speed) with walk down recovery	Body Weight Strength Training Phase 1	Foundation Run 20' easy run followed by Running Drills	Day Off	Long Run Workout 30' easy run	Body Weight Strength Training Phase 1
July 6-12	Day Off	Recovery Workout 15' easy jogging	Body Weight Strength Training Phase 1	Recovery Workout Warm Up: 5' easy jog followed by Dynamic Warm Up Main Set: 2 x [4 x 15" easy/10" moderate/5" fast] with 2' walk between sets Cool Down: 5' easy jog	Day Off	Long Run Workout 20' easy run	Body Weight Strength Training Phase 1



July 13-19	Day Off	Hill Workout Warm Up: 10' easy jog followed by Dynamic Warm Up Main Set: 8 x 1' uphill moderate effort with easy jog back down the hill Cool Down: 5' easy jog	Body Weight Strength Training Phase 2	Foundation Run + Hill Sprints 20' easy run and finish with 8 x 10" hill sprints (up to 90% of top speed) with walk down recovery	Day Off	Long Run Workout 35' easy run	Body Weight Strength Training Phase 2
July 20-26	Day Off	Hill Workout Warm Up: 10' easy jog followed by Dynamic Warm Up Main Set: 10 x 1' uphill moderate effort with easy jog back down the hill Cool Down: 5' easy jog	Body Weight Strength Training Phase 2	Foundation Run + Hill Sprints 25' easy run and finish with 10 x 10" hill sprints (up to 90% of top speed) with walk down recovery	Day Off	Long Run Workout 35' easy run	Body Weight Strength Training Phase 2
July 27-Aug 2	Day Off	Hill Workout Warm Up: 10' easy jog followed by Dynamic Warm Up Main Set: 12 x 1' uphill moderate effort with easy jog back down the hill Cool Down: 5' easy jog	Body Weight Strength Training Phase 2	Hill Workout Warm Up: 10' easy jog followed by Dynamic Warm Up Main Set: 12 x 1' uphill moderate effort Cool Down: 5' easy jog	Day Off	Long Run Workout 40' easy run	Body Weight Strength Training Phase 2



Aug 3-9	Day Off	Recovery Workout 20' easy jogging	Body Weight Strength Training Phase 2	Recovery Workout Warm Up: 10' easy jog followed by Dynamic Warm Up Main Set: 3 x [4 x 15" easy/10" moderate/5" fast] with 2' walk between sets Cool Down: 5' easy jog	Day Off	Long Run Workout 20' easy run	Body Weight Strength Training Phase 2
Aug 10-16	4k Walk	Interval Workout Warm Up: 10' easy jog followed by Dynamic Warm Up Main Set: 4 x 1k at race effort with 2' easy jogging/walking between Cool Down: 5' easy jog	Strength Training – Weights Phase 1	Tempo Workout Warm Up: 10' easy jog followed by Dynamic Warm Up Main Set: 3 x 8' at moderate effort with 2' walking between Cool Down: 5' easy jog	Day Off	Long Run Workout 40' easy run	Strength Training – Weights Phase 1
Aug 17-23	4k Walk	Interval Workout Warm Up: 10' easy jog followed by Dynamic Warm Up Main Set: 5 x 1k at race effort with 2' easy jogging/walking between Cool Down: 5' easy jog	Strength Training – Weights Phase 1	Tempo Workout Warm Up: 10' easy jog followed by Dynamic Warm Up Main Set: 3 x 8' at moderate effort with 2' walking between Cool Down: 5' easy jog	Day Off	Long Run Workout 45' easy run	Strength Training – Weights Phase 1



Aug 24-30	4k Walk	Interval Workout Warm Up: 10' easy jog followed by Dynamic Warm Up Main Set: 4 x 1k at race effort with 2' easy jogging/walking between Cool Down: 5' easy jog	Strength Training – Weights Phase 1	Hill Workout Warm Up: 10' easy jog followed by Dynamic Warm Up Main Set: 12 x 1' uphill moderate effort Cool Down: 5' easy jog	Day Off	Long Run Workout 45' easy run	Strength Training – Weights Phase 1
Aug 31-Sept 6	4k Walk	Recovery Workout 20' easy jogging	Strength Training – Weights Phase 1	Recovery Workout Warm Up: 10' easy jog followed by Dynamic Warm Up Main Set: 4 x [4 x 15" easy/10" moderate/5" fast] with 2' walk between sets Cool Down: 5' easy jog	Day Off	Long Run Workout 30' easy run	Strength Training – Weights Phase 1
Sept 7-13	5k Walk	Interval Workout Warm Up: 10' easy jog followed by Dynamic Warm Up Main Set: 4 x 1k at race effort with 2' easy jogging/walking between Cool Down: 5' easy jog	Strength Training – Weights Phase 2	Tempo Workout Warm Up: 10' easy jog followed by Dynamic Warm Up Main Set: 3 x 8' at moderate effort with 2' walking between Cool Down: 5' easy jog	Day Off	Long Run Workout 45' easy run	Body Weight Strength Training Phase 4



Sept 14-20	5k Walk	Interval Workout Warm Up: 10' easy jog followed by Dynamic Warm Up Main Set: 5 x 1k at race effort with 2' easy jogging/walking between Cool Down: 5' easy jog	Strength Training – Weights Phase 2	Tempo Workout Warm Up: 10' easy jog followed by Dynamic Warm Up Main Set: 3 x 10' at moderate effort with 2' walking between Cool Down: 5' easy jog	Day Off	Long Run Workout 40' easy run	Body Weight Strength Training Phase 4
Sept 21-27	5k Walk	Foundation Run + Hill Sprints 30' easy run and finish with 6 x 10" hill sprints (up to 90% of top speed) with walk down recovery	Strength Training – Weights Phase 2	Last Focused Workout Warm Up: 10' easy running with 6 x 10" strides with walk back recovery Main Set: 10 x 90" intervals at race effort with 90" easy running between Cool Down: 10' easy running	Day Off	Long Run Workout 35' easy run	30' Easy Cross Training

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<p>Sept 28-Oct 4</p>	<p>Day Off</p>	<p><b>Race Prep Workout</b> Warm Up: 10' easy running with 6 x 10" strides with walk back recovery Main Set: 1'-2'-3' intervals to just slightly faster than race effort with 2' easy running between Cool Down: 10' easy running</p>	<p>30' Easy Cross Training</p>	<p>Day Off</p>	<p><b>Shake Out Run</b> Warm Up: 10' easy running Main Set: 6 x 30" at race effort with 60" easy running Cool Down: 5' easy running</p>	<p>Cameco Step Up Virtual 5k</p>	<p>Body Weight Strength Training Phase 4</p>
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