

Cameco Step Up Virtual Training Program – 10k

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
May 31-June 6	Day Off	Launch Day to the Cameco Virtual Training Program	Day Off	25' easy run followed by Running Drills	Day Off	Long Run Workout 35' easy run	Day Off
June 7-13	Day Off	25' easy run followed by Running Drills	Day Off	30' easy run followed by Running Drills	Day Off	Long Run Workout 40' easy run	Day Off
June 14-20	Day Off	25' easy run followed by Running Drills	Body Weight Strength Training Phase 1	Foundation Run 35' easy run followed by Running Drills	Day Off	Long Run Workout 45' easy run	20' easy run followed by Body Weight Strength Training Phase 1
June 21-27	30' Cross Training	Foundation Run + Hill Sprints 40' 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 40' easy run followed by Running Drills	Day Off	Long Run Workout 50' easy run	20' easy run followed by Body Weight Strength Training Phase 1
June 28-July 4	30' Cross Training	Foundation Run + Hill Sprints 40' 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 40' easy run followed by Running Drills	Day Off	Long Run Workout 60' easy run	20' easy run followed by Body Weight Strength Training Phase 1



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July 5-11	Day Off	Recovery Workout 25' easy jogging	Body Weight Strength Training Phase 1	Recovery Workout Warm Up: 5' easy jog followed by Dynamic Warm Up Main Set: 5 x [4 x 15" easy/10" moderate/5" fast] with 2' walk between sets Cool Down: 5' easy jog	Day Off	Long Run Workout 40' easy run	15' easy run followed by Body Weight Strength Training Phase 1 1
July 12-20	30' Cross Training	Vo2 Max Hill Workout Warm Up: 10' easy jog followed by Dynamic Warm Up Main Set: 3 x [5 x 30" hill fast with easy jog back down the hill] 3' easy run between sets Cool Down: 10' easy jog	Body Weight Strength Training 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 65' easy run	25' easy run followed by Body Weight Strength Training Phase 2
July 19-25	30' Cross Training	Vo2 Max Workout Warm Up: 10' easy jog followed by Dynamic Warm Up Main Set: 8 x 90" fast effort with 2' easy run between Cool Down: 10' 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 with easy jog back down the hill Cool Down: 5' easy jog	Day Off	Long Run Workout 65' easy run	25' easy run followed by Body Weight Strength Training Phase 2



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July 26-Aug 1	30' Cross Training	Vo2 Max Hill Workout Warm Up: 10' easy jog followed by Dynamic Warm Up Main Set: 3 x [6 x 30" hill fast with easy jog back down the hill] 3' easy run between sets Cool Down: 10' easy jog	Body Weight Strength Training Phase 2	Tempo Workout Warm Up: 10' easy jog followed by Dynamic Warm Up Main Set: 3 x 10' at moderate effort with 3' walking between Cool Down: 5' easy jog	Day Off	Long Run Workout 70' easy run	25' easy run followed by Body Weight Strength Training Phase 2
Aug 2-8	Day Off	Recovery Workout 30" easy jogging	Body Weight Strength Training Phase 2	Recovery Workout Warm Up: 10' easy jog followed by Dynamic Warm Up Main Set: 6 x [4 x 15" easy/10" moderate/5" fast] with 2' walk between sets Cool Down: 5' easy jog	Day Off	Long Run Workout 45' easy run	25' easy run followed by Body Weight Strength Training Phase 2
Aug 9-15	30' Cross Training	Interval Workout Warm Up: 10' easy jog followed by Dynamic Warm Up Main Set: 3'-2'-1'-1'-2'-3' at 5k pace with 2' easy jogging 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: 6 x 2' uphill moderate effort with easy jog back down the hill Cool Down: 5' easy jog	Day Off	Long Run Workout 70' easy run	Strength Training – Weights Phase 1



<p>Aug 16-22</p>	<p>30' Cross Training</p>	<p>Interval Workout Warm Up: 10' easy jog followed by Dynamic Warm Up Main Set: 6'-5'-4'-3'-2'-1' starting at 15k speed and getting slightly faster with each rep to finish at 3k speed with 2' easy run between intervals Cool Down: 10' easy jog</p>	<p>Strength Training – Weights Phase 1</p>	<p>Tempo Workout Warm Up: 10' easy jog followed by Dynamic Warm Up Main Set: 3 x 12' at moderate effort with 3' walking between Cool Down: 5' easy jog</p>	<p>Day Off</p>	<p>Long Run Workout 75' easy run</p>	<p>Strength Training – Weights Phase 1</p>
<p>Aug 23-29</p>	<p>30' Cross Training</p>	<p>Interval Workout Warm Up: 10' easy jog followed by Dynamic Warm Up Main Set: 6 x 1k at 10k effort with 2' easy jog between Cool Down: 10' easy jog</p>	<p>Strength Training – Weights Phase 1</p>	<p>Hill Workout Warm Up: 10' easy jog followed by Dynamic Warm Up Main Set: 8 x 2' uphill moderate effort Cool Down: 5' easy jog</p>	<p>Day Off</p>	<p>Long Run Workout 75' easy run</p>	<p>Strength Training – Weights Phase 1</p>

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Aug 30-Sept 5	30' Cross Training	Recovery Workout 30' easy jogging	Strength Training – Weights Phase 1	Recovery Workout Warm Up: 10' easy jog followed by Dynamic Warm Up Main Set: 8 x [4 x 15" easy/10" moderate/5" fast] with 2' walk between sets Cool Down: 5' easy jog	Day Off	Long Run Workout 45' easy run with last 10' at goal race pace	Strength Training – Weights Phase 1
Sept 6-12	30' Cross Training	Interval Workout Warm Up: 10' easy jog followed by Dynamic Warm Up Main Set: 7 x 1k at 10k effort with 2' easy jog between Cool Down: 10' easy jog	Strength Training – Weights Phase 2	Tempo Workout Warm Up: 10' easy jog followed by Dynamic Warm Up Main Set: 3 x 15' at moderate effort with 3' walking between Cool Down: 5' easy jog	Day Off	Long Run Workout 75' easy run	Strength Training – Weights Phase 2
Sept 13-19	30' Cross Training	Interval Workout Warm Up: 10' easy jog followed by Dynamic Warm Up Main Set: 8 x 1k at race effort with 2' easy jogging/walking between Cool Down: 5' easy jog	Strength Training – Weights Phase 2	Foundation Run + Hill Sprints 50' 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 75' easy run with the last 15' at goal race pace	Strength Training – Weights Phase 2



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Sept 20-26	30' Cross Training	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 slightly faster than race effort with 90" easy running between Cool Down: 10' easy running	Day Off	Long Run Workout 45' easy run with last 5' at goal race pace	30' Easy Cross Training
Sept 27-Oct 3	Day Off	Race Prep Workout 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	30' Easy Cross Training	Day Off	Shake Out Run Warm Up: 10' easy running Main Set: 6 x 30" at race effort with 60" easy running Cool Down: 5' easy running	Cameco Step Up Virtual 5k	30' Easy Cross Training + Strength Training - Weights Phase 2

