

Cameco Step Up Virtual Training Program – First 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	2k Walk	Day Off	2k Walk	Day Off
June 7-13	Day Off	10' easy run followed by Running Drills	Day Off	3k Walk	Day Off	3k Walk	Day Off
June 15-21	Day Off	15' easy run followed by Running Drills	Body Weight Strength Training Phase 1	Foundation Run 20' easy run followed by Running Drills	Day Off	Long Run Workout 25' easy run	30' Cross Training followed by Body Weight Strength Training Phase 1
June 22-28	30' Cross Training	Foundation Run 20' easy run followed by Running Drills	Body Weight Strength Training Phase 1	Foundation Run 25' easy run followed by Running Drills	Day Off	Long Run Workout 30' easy run	30' Cross Training followed by Body Weight Strength Training Phase 1
June 29-July 5	30' Cross Training	Foundation Run 25' easy run followed by Running Drills	Body Weight Strength Training Phase 1	Foundation Run 25' easy run followed by Running Drills	Day Off	Long Run Workout 30' easy run	30' Cross Training followed by Body Weight Strength Training Phase 1



July 6-12	Day Off	Recovery Workout 15' easy jogging	Body Weight Strength Training Phase 1	Recovery Workout 15' easy jogging	Day Off	Long Run Workout 20' easy run	30' Cross Training followed by Body Weight Strength Training Phase 1
July 13-19	30' Cross Training	Foundation Run + Strides 25' easy run and finish with 4 x 10" strides (up to 90% of top speed) with walk down recovery	Body Weight Strength Training Phase 2	Foundation Run + Strides 25' easy run and finish with 4 x 10" strides (up to 90% of top speed) with walk down recovery	Day Off	Long Run Workout 35' easy run	30' Cross Training followed by Body Weight Strength Training Phase 2
July 20-26	30' Cross Training	Foundation Run + Strides 30' easy run and finish with 6 x 10" strides (up to 90% of top speed) with walk down recovery	Body Weight Strength Training Phase 2	Foundation Run + Strides 30' easy run and finish with 6 x 10" strides (up to 90% of top speed) with walk down recovery	Day Off	Long Run Workout 40' easy run	30' Cross Training followed by Body Weight Strength Training Phase 2
July 27-Aug 2	30' Cross Training	Foundation Run + Strides 35' easy run and finish with 8 x 10" strides (up to 90% of top speed) with walk down recovery	Body Weight Strength Training Phase 2	Foundation Run + Strides 30' easy run and finish with 8 x 10" strides (up to 90% of top speed) with walk down recovery	Day Off	Long Run Workout 45' easy run	30' Cross Training followed by Body Weight Strength Training Phase 2



Aug 3-9	Day Off	Recovery Workout 20' easy jogging	Body Weight Strength Training Phase 2	Recovery Workout 20' easy jogging	Day Off	Long Run Workout 30' easy run	30' Cross Training followed by Body Weight Strength Training Phase 2
Aug 10-16	30' Cross Training	Hill Workout Warm Up: 10' easy jog followed by Dynamic Warm Up Main Set: 6 x 1' uphill moderate effort with easy jog back down the hill Cool Down: 5' easy jog	Strength Training – Weights Phase 1	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	Day Off	Long Run Workout 45' easy run	30' Cross Training followed by Strength Training – Weights Phase 1
Aug 17-23	30' Cross Training	Hill Workout Warm Up: 10' easy jog followed by Dynamic Warm Up Main Set: 7 x 1' uphill moderate effort with easy jog back down the hill Cool Down: 5' easy jog	Strength Training – Weights Phase 1	Foundation Run + Hill Sprints 30' 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 50' easy run	30' Cross Training followed by Strength Training – Weights Phase 1



Aug 24-30	30' Cross Training	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	Strength Training – Weights Phase 1	Foundation Run + Hill Sprints 30' 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 55' easy run	30' Cross Training followed by Strength Training – Weights Phase 1
Aug 31-Sept 6	30' Cross Training	Recovery Workout 25' easy jogging	Strength Training – Weights Phase 1	Recovery Workout 25' easy jogging	Day Off	Long Run Workout 40' easy run	30' Cross Training followed by Strength Training – Weights Phase 1
Sept 7-13	30' Cross Training	Interval Workout Warm Up: 10' easy jog followed by Dynamic Warm Up Main Set: 4 x 3' at moderate effort with 2' easy jog between Cool Down: 10' easy jog	Strength Training – Weights Phase 2	Foundation Run + Hill Sprints 40' 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 60' easy run	30' Cross Training followed by Strength Training – Weights Phase 2

SPORTS PHYSIOTHERAPY



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Sept 14-20	30' Cross Training	Interval Workout Warm Up: 10' easy jog followed by Dynamic Warm Up Main Set: 5 x 3' at moderate effort with 2' easy jog between Cool Down: 10' easy jog	Strength Training – Weights Phase 2	Foundation Run + Hill Sprints 40' 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 60' easy run	30' Cross Training followed by Strength Training – Weights Phase 2
Sept 21-27	30' Cross Training	Interval Workout Warm Up: 10' easy jog followed by Dynamic Warm Up Main Set: 6 x 3' at moderate effort with 2' easy jog between Cool Down: 10' easy jog	Strength Training – Weights Phase 2	Foundation Run + Strides 30' easy run and finish with 8 x 10" strides (up to 90% of top speed) with walk down recovery	Day Off	Long Run Workout 45' easy run	30' Easy Cross Training

SPORTS PHYSIOTHERAPY



Sept 28-Oct 4	Day Off	<p>Race Prep Workout Warm Up: 10' easy running with 6 x 10" strides with walk back recovery Main Set: 1'-2'-3' intervals to moderate effort with 2' easy running between Cool Down: 10' easy running</p>	30' Easy Cross Training	Day Off	Pre-Race Workout 15' easy jogging	Cameco Step Up Virtual 5k	30' Easy Cross Training + Strength Training - Weights Phase 2
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