

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
May 31-June 6	Day Off	Launch Day to the Cameco Virtual Training Program	Day Off	1k Walk	Day Off	1k Walk	Day Off
June 7-13	Day Off	25' easy run followed by Running Drills	Day Off	1.5k Walk	Day Off	1.5k Walk	Day Off
June 14-20	Day Off	2k Walk	Body Weight Strength Training Phase 1	1.5k Walk	Day Off	2k Walk	Body Weight Strength Training Phase 1
June 21-27	Day Off	2k Walk	Body Weight Strength Training Phase 1	3k Walk	Day Off	3k Walk	Body Weight Strength Training Phase 1
June 28-July 4	Day Off	<p>First Run:Walk Session of the Program!!</p> <p>Warm Up: 5 minute easy walk</p> <p>Main Set: 8 x 30 seconds easy jogging/60 seconds walk</p> <p>Cool Down: 5 minute easy walk</p> <p>Congratulations, you are on your way!</p>	Body Weight Strength Training Phase 1	3k Walk	Day Off	<p>Run:Walk Workout:</p> <p>Warm Up: 5 minute easy walk</p> <p>Main Set: 10 x 30 seconds easy jogging/60 seconds walk</p> <p>Cool Down: 5 minute easy walk</p>	Body Weight Strength Training Phase 1



July 5-11	Day Off	Run:Walk Workout: Warm Up: 5 minute easy walk Main Set: 12 x 30 seconds easy jogging/60 seconds walk Cool Down: 5 minute easy walk	Body Weight Strength Training Phase 1	Run:Walk Workout: Warm Up: 5 minute easy walk Main Set: 10 x 30 seconds easy jogging/60 seconds walk Cool Down: 5 minute easy walk	Day Off	Run:Walk Workout: Warm Up: 5 minute easy walk Main Set: 15 x 30 seconds easy jogging/60 seconds walk Cool Down: 5 minute easy walk	Body Weight Strength Training Phase 1
July 12-20	Day Off	Run:Walk Workout: Warm Up: 5 minute easy walk Main Set: 8 x 60 seconds easy jogging/60 seconds walk Cool Down: 5 minute easy walk	Body Weight Strength Training Phase 2	Run:Walk Workout: Warm Up: 5 minute easy walk Main Set: 20 x 30 seconds easy jogging/60 seconds walk Cool Down: 5 minute easy walk	Day Off	Run:Walk Workout: Warm Up: 5 minute easy walk Main Set: 10 x 60 seconds easy jogging/60 seconds walk Cool Down: 5 minute easy walk	Body Weight Strength Training Phase 2

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July 19-25	Day Off	Run:Walk Workout: Warm Up: 5 minute easy walk Main Set: 12 x 60 seconds easy jogging/60 seconds walk Cool Down: 5 minute easy walk	Body Weight Strength Training Phase 2	Run:Walk Workout: Warm Up: 5 minute easy walk Main Set: 10 x 60 seconds easy jogging/60 seconds walk Cool Down: 5 minute easy walk	Day Off	Run:Walk Workout: Warm Up: 5 minute easy walk Main Set: 15 x 60 seconds easy jogging/60 seconds walk Cool Down: 5 minute easy walk	Body Weight Strength Training Phase 2
July 26-Aug 1	Day Off	Run:Walk Workout: Warm Up: 5 minute easy walk Main Set: 7 x 2 minutes easy jogging/1 minute walk Cool Down: 5 minute easy walk	Body Weight Strength Training Phase 2	Run:Walk Workout: Warm Up: 5 minute easy walk Main Set: 20 x 60 seconds easy jogging/60 seconds walk Cool Down: 5 minute easy walk	Day Off	Run:Walk Workout: Warm Up: 5 minute easy walk Main Set: 9 x 2 minutes easy jogging/1 minute walk Cool Down: 5 minute easy walk	Body Weight Strength Training Phase 2

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Aug 2-8	Day Off	Run:Walk Workout: Warm Up: 5 minute easy walk Main Set: 10 x 2 minutes easy jogging/1 minute walk Cool Down: 5 minute easy walk	Body Weight Strength Training Phase 2	Run:Walk Workout: Warm Up: 5 minute easy walk Main Set: 7 x 2 minutes easy jogging/1 minute walk Cool Down: 5 minute easy walk	Day Off	Run:Walk Workout: Warm Up: 5 minute easy walk Main Set: 7 x 3 minutes easy jogging/1 minute walk Cool Down: 5 minute easy walk	Body Weight Strength Training Phase 2
Aug 9-15	4k Walk	Run:Walk Workout: Warm Up: 5 minute easy walk Main Set: 8 x 3 minutes easy jogging/1 minute walk Cool Down: 5 minute easy walk	Body Weight Strength Training Phase 3	Run:Walk Workout: Warm Up: 5 minute easy walk Main Set: 8 x 2 minutes easy jogging/1 minute walk Cool Down: 5 minute easy walk	Day Off	Run:Walk Workout: Warm Up: 5 minute easy walk Main Set: 9 x 3 minutes easy jogging/1 minute walk Cool Down: 5 minute easy walk	Body Weight Strength Training Phase 3

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<p>Aug 16-22</p>	<p>4k Walk</p>	<p>Run:Walk Workout: Warm Up: 5 minute easy walk Main Set: 10 x 3 minutes easy jogging/1 minute walk Cool Down: 5 minute easy walk</p>	<p>Body Weight Strength Training Phase 3</p>	<p>Run:Walk Workout: Warm Up: 5 minute easy walk Main Set: 9 x 2 minutes easy jogging/1 minute walk Cool Down: 5 minute easy walk</p>	<p>Day Off</p>	<p>Run:Walk Workout: Warm Up: 5 minute easy walk Main Set: 7 x 4 minutes easy jogging/1 minute walk Cool Down: 5 minute easy walk</p>	<p>Body Weight Strength Training Phase 3</p>
<p>Aug 23-29</p>	<p>4k Walk</p>	<p>Run:Walk Workout: Warm Up: 5 minute easy walk Main Set: 8 x 4 minutes easy jogging/1 minute walk Cool Down: 5 minute easy walk</p>	<p>Body Weight Strength Training Phase 3</p>	<p>Run:Walk Workout: Warm Up: 5 minute easy walk Main Set: 10 x 2 minutes easy jogging/1 minute walk Cool Down: 5 minute easy walk</p>	<p>Day Off</p>	<p>Run:Walk Workout: Warm Up: 5 minute easy walk Main Set: 6 x 5 minutes easy jogging/1 minute walk Cool Down: 5 minute easy walk</p>	<p>Body Weight Strength Training Phase 3</p>

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Aug 30-Sept 5	4k Walk	Run:Walk Workout: Warm Up: 5 minute easy walk Main Set: 5 x 6 minutes easy jogging/1 minute walk Cool Down: 5 minute easy walk	Body Weight Strength Training Phase 3	Run:Walk Workout: Warm Up: 5 minute easy walk Main Set: 8 x 2 minutes easy jogging/1 minute walk Cool Down: 5 minute easy walk	Day Off	Run:Walk Workout: Warm Up: 5 minute easy walk Main Set: 3 x 10 minutes easy jogging/1 minute walk Cool Down: 5 minute easy walk	Body Weight Strength Training Phase 3
Sept 6-12	5k Walk	Run:Walk Workout: Warm Up: 5 minute easy walk Main Set: 3 x 12 minutes easy jogging/1 minute walk Cool Down: 5 minute easy walk	Body Weight Strength Training Phase 4	Run:Walk Workout: Warm Up: 5 minute easy walk Main Set: 12 x 2 minutes easy jogging/1 minute walk Cool Down: 5 minute easy walk	Day Off	Run:Walk Workout: Warm Up: 5 minute easy walk Main Set: 2 x 15 minutes easy jogging/1 minute walk Cool Down: 5 minute easy walk	Body Weight Strength Training Phase 4

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Sept 13-19	5k Walk	Run:Walk Workout: Warm Up: 5 minute easy walk Main Set: 3 x 13 minutes easy jogging/1 minute walk Cool Down: 5 minute easy walk	Body Weight Strength Training Phase 4	Run:Walk Workout: Warm Up: 5 minute easy walk Main Set: 12 x 2 minutes easy jogging/1 minute walk Cool Down: 5 minute easy walk	Day Off	Run Workout: Warm Up: 5 minute easy walk Main Set: 20 minutes continuous jogging or 7 x 4 minute run/1 minute walk Cool Down: 5 minute easy walk	Body Weight Strength Training Phase 4
Sept 20-26	5k Walk	Run Workout: Warm Up: 5 minute easy walk Main Set: 25 minutes continuous jogging or 8 x 4 minute run/1 minute walk Cool Down: 5 minute easy walk	Body Weight Strength Training Phase 4	Run:Walk Workout: Warm Up: 5 minute easy walk Main Set: 10 x 2 minutes easy jogging/1 minute walk Cool Down: 5 minute easy walk	Day Off	Run Workout: Warm Up: 5 minute easy walk Main Set: 30 minutes continuous jogging or 7 x 4 minute run/1 minute walk Cool Down: 5 minute easy walk	Body Weight Strength Training Phase 4
Sept 27-Oct 3	Day Off	Run:Walk Workout: Warm Up: 5 minute easy walk Main Set: 10 x 2 minutes easy jogging/1 minute walk Cool Down: 5 minute easy walk	Body Weight Strength Training Phase 4	Day Off	3k Walk	Cameco Step Up Virtual 5k	Body Weight Strength Training Phase 4

