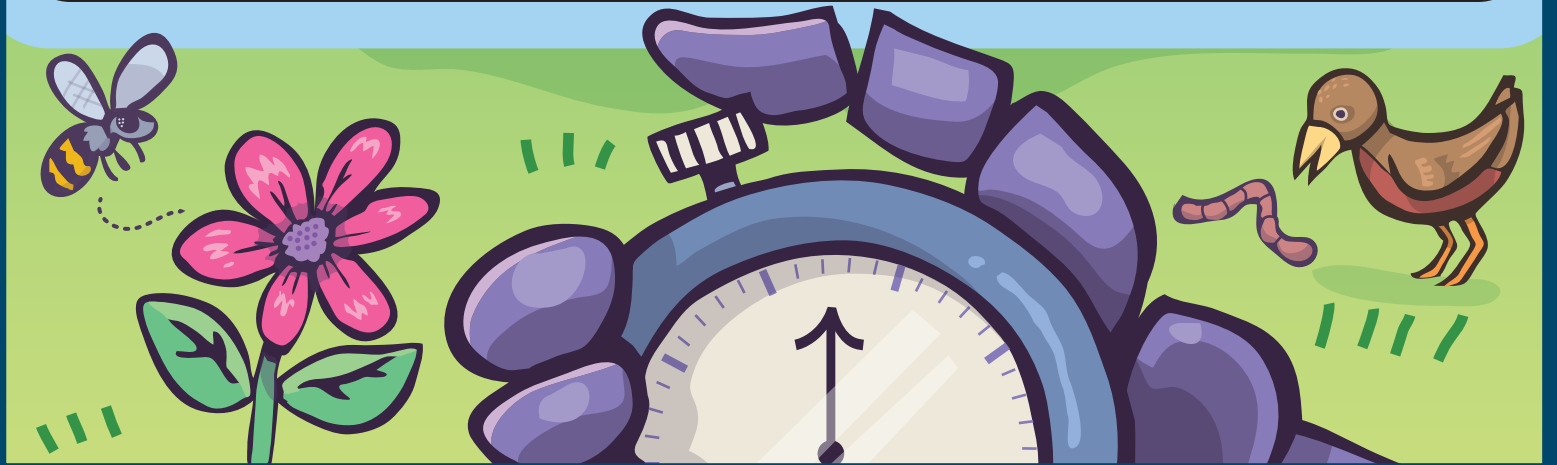




12-WEEK CHALLENGE

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RUNNER	WEEK:			WEEK:			WEEK:			WEEK:		
	1	2	3	4	5	6	7	8	9	10	11	12
	DAYS	DAYS	DAYS	DAYS	DAYS	DAYS	DAYS	DAYS	DAYS	DAYS	DAYS	DAYS





Athletics Alberta 12 Week Running Program

Stretch after each session

Week 1

Day 1: 15 min easy run
Day 2: 20 min run of 1 min run, 1 min walk or jog
Day 3: 15 min easy run

Week 2

Day 1: 15 min easy run
Day 2: 20 min easy run, 4x50m sprints with a walk back
Day 3: 20 min easy run

Week 3

Day 1: 20 min easy run
Day 2: 22 min of 1 min run, 1 min walk or jog
Day 3: 20 min easy run, 4x50m sprints with a walk back

Week 4

Day 1: 10 min easy run, 4x1:00 min at medium pace
w/ 1:00 min walk for rest, 5 min easy cool down jog
Day 2: 22 min easy run
Day 3: 20 min easy run, 4x50m sprints with a walk back

Week 5

Day 1: 10 min easy run, 5x1:00 min at medium pace
w/ 1:00 minute walk for rest, 5 min easy cool down jog
Day 2: 25 min easy run, 4x80m sprints with a walk back
Day 3: 20 min run of 5 min easy, 10 min medium,
5 min easy
Day 4: 30 min easy run

Week 6

Day 1: 10 min easy run, 4x1:30 min at medium pace
w/1:30 min walk for rest, 5 min easy cool down jog
Day 2: 25 min run, 4x80m sprints with a walk back
Day 3: 25 min of 5 min easy, 10 min medium, 3 min
fast, 7 min easy
Day 4: 30 min easy run

Week 7

Day 1: 12 min easy run, 5x1:30min at medium pace
w/ 1:30 min walk for rest, 5 min easy cool down jog
Day 2: 28 min run, 4x80m sprints with a walk back
Day 3: 24 min of 1 min run, 1 min walk or jog
Day 4: 30 min easy run

Week 8

Day 1: 12 min easy run, 4x2:00min at medium pace
w/ 2:00 min walk for rest, 5 min easy cool down jog
Day 2: 25 min easy run, 4x100m sprints with a walk back
Day 3: 25 min of 5 min easy, 10 min medium, 3 min fast,
7 min easy
Day 4: 30 min easy run

Week 9

Day 1: 12 min easy run, 5x2:00min at medium pace
w/ 2:00 min walk for rest, 5 min easy cool down jog
Day 2: 25 min easy run, 4x100m sprints with a walk back
Day 3: 20 min of 5 min easy, 5 min medium, 5 min easy,
5 min medium
Day 4: 35 min easy run

Week 10

Day 1: 15 min easy run, 4x2:30min at medium pace
w/ 2:30 min walk for rest, 5 min easy cool down jog
Day 2: 30 min easy run , 4x100m sprints with a walk back
Day 3: 20 min of 5 min easy, 5 min medium, 5 min easy,
5 min medium
Day 4: 35 min easy run

Week 11

Day 1: 15 min easy run, 5x2:30min at medium pace
w/ 2:30 min walk for rest, 5 min easy cool down jog
Day 2: 30 min easy run, 4x100m sprints with a walk back
Day 3: 25 min of 5 min easy, 5 min medium, 5 min easy,
5 min quick, 5 min easy
Day 4: 35 min easy run

Week 12

Day 1: 15 min easy run, 4x3:00min at medium pace
w/ 3:00 min walk for rest, 5 min easy cool down jog
Day 2: 30 min easy run, 4x100m sprints with a walk back
Day 3: 25 min of 5 min easy, 5 min medium, 5 min easy,
5 min quick, 5 min easy
Day 4: 35 min easy run