

# FOCUS - RUN: Information

## Session 1 - SPEED

### HWPO Affiliate, Speed Running Warm up:

This is going to be our go to running warm up for Speed sessions.

These warm ups are important to avoid injury when we work on dynamic and speed style running. In addition the skips give us a great learning opportunity + it will help with running mechanics and understanding the plyometric portion of running

#### 1. Easy 400m jog

#### 2. Ballistic Leg swings, Front & Back & Side to Side

12/leg

#### 3. Dynamic Stretching

2 x Each, 20-25'

Hamstring Scoops

Walking knee tucks

Walking Quad stretch

Side Lunges

#### 4. Dynamic Warm up

3 x Each, 20-25'. Drill out, jog back. Change side on

- Carioca

- A Skip

- B Skip

- Butt Kicks

#### 1. Aerobic warm up

Easy run 12 minutes

Or

Easy 800-1200m

This is a VERY important part of class. It's usually the part before an important training piece that people want to skip but we need to include this in our prep for the test to make sure our aerobic system is primed and ready to hit a hard effort.

#### 2. Ramp up

3 sets of

1:00 @ sustained but controlled pace

1:00 Walk / Rest

Here, we're increasing speed to rev up the engines! We're beginning to focus on the test and starting to feel out what the speed looks like

#### 3. Test

Run 1 mile / 1600m

Everyone will run 1 mile. If you have athletes who are truly new to running and in need of some scaling, run a 800m distance.

This is our baseline. Some members may struggle with testing like this. We do this test to identify our paces for the rest of the Running focus.

Pacing. If athletes have never done a 1 mile test, it's easy to think of it as a sprint. It is in fact somewhere between 5:30-8:30, so NOT a sprint. It is a VERY uncomfortable time domain and should be executed with reserve and control. It is totally ok if runners finish and feel they could have gone faster. The time can be adjusted for a theoretical result, as long as it is within reason.

The running pace calculator. On **CIRCLE**, we've uploaded a Running Pace calculator file. This sheet will give athletes their training ZONES in paces (Not heart rate) which will be very helpful to pace runs according to the training goal.

#### Cool Down

Easy 5-8 minute cool down

# FOCUS - RUN: Information

## Session 2 - TEMPO

### 1. General Warm up

Easy 400-800m Jog (2-4:00)

### 2. Lower Body Prep

Go through each drill as 25' drill out, Jog back (8:00)

- Walking knee tuck x 2
- Walking Quad Stretch x 2
- Hamstring Scoop x 2
- Walk on toes x 1 (knees don't bend)
- Walk on heels x 1 (toes up, knees don't bend)
- Walk on outside of feet x 1

### 3. Technical Focus

Bunny Hops

3-5 x 25', jog back

#### Bunny Hops:

In this drill, look at both HOW the athlete advanced & the posture. These 2 go hand on hand.

To maximize energy efficiency, we need to see reduced time on the ground. This means that in the bunny hop, we should see athletes' bodies stay quite tall with a slight forward lean along with a forward propulsion movement with the arms. The idea here is to use elastic energy in the calves and a forward lean along with arm action to move forward.

If you see athletes knees bending and the hips breaking the front plane (pushing the hips forward) and the arms staying at their side, athletes are basically trying to push their way forward. This will simply make running more muscular and more demanding on the cardiovascular system. This is very often caused by trying to move across the distance faster.

We want to work on running efficiency, meaning less energy per step. Compare this to jump rope. When athletes perform singles and double unders efficiently, it's because they're bounding, not letting the knee bend too much (absorbing load) and keeping the shoulders relaxed and ribs in.

The Bunny hops today are where we can see some potential flaws in athletes' running pattern before they get out on their run.

### Running

Choose your workout based on your running goal

Working at 80-85% (Z2-3)

#### 5K

Run 8 minutes out

Run back  
(16:00)

#### 10km

Run out 12 minutes

Run back  
(24:00)

#### 21km

Run out 15 minutes

Run back  
(30:00)

Working at 80-85% (Z2-3)

This working set is mainly about pacing & volume accumulation.

We're not yet trying to pace ourselves aside from practicing running at a consistent pace. This means that to be successful in this workout, you need to hit your exact point of departure at the end of the timed session.

When we work on running, volume is something we need to monitor very closely especially if we are fit but have never really run for longer distances. It is important to pick the appropriate volume here based on the athlete's goal and also on the athlete's experience in running. If athletes have never been on a running program or have not done so in a long time, they must pick a time that is conservative.

### Accessories

3-5 sets

10/10 Banded Lateral toe taps

5/5 RDL Airplanes

Glute & Hip health

# FOCUS - RUN: Information

## Session 3 - Long Run

**1. 3 sets**  
10/10 Calf raises  
10/10 Hip Hikes  
10/10 RDL with Reach

**2. Ballistic leg swings**  
10 reps / leg, Front to back + Side to Side  
<https://youtu.be/plGKuoHk1zc>

### Running

Choose your workout based on your distance goal. Working in Zone 2 (70-75%)

20, 30 or 40 minute jog

This running session is simple but important.

Z2 Running is an opportunity to train the aerobic system but more importantly for us, it is where we will truly begin to learn about running efficacy.

The more often we perform these Z2 sessions or long runs, the more we can put into practice running posture and ground contact points of performance.

Since we're not focused on speed or hitting specific paces, we should aim for:

- Feeling good and 100% in control
- Consistent and comfortable cadence
- Relaxed upper body posture

### Accessory

3-5 sets  
12 Toe elevated RDL, light  
12/12 Lying psoas pull

Toe elevated RDL: <https://youtu.be/-NQu8BJAbcA>  
Psoas Pull: <https://youtu.be/-EXkwFVCc64>

# FOCUS - RUN: Week 2

## Session 1 - SPEED

Today is an interval session that is more like a Fartlek session than a high intensity interval training with full rest. If athletes did not perform last week's mile test and haven't put in their data in the running pace calculator sent in CIRCLE, they can go by RPE.

The higher intensity efforts should be performed at a pace that's a hard effort 10km run (not MAX effort 400m style effort) and the lower intensity effort should be performed at a Z2 pace (recovery)

### HWPO Affiliate, Speed Running Warm up

Easy 400m jog

1. Ballistic Leg swings, Front & Back & Side to Side

12/leg

2. Dynamic Stretching

2 x Each, 20-25'

Hamstring Scoops

Walking knee tucks

Walking Quad stretch

Side Lunges

3. Dynamic Warm up

2 x Each, 20-25'. Drill out, jog back.

Change side on Carioca

A Skip

Butt Kicks

Carioca

You can increase the initial run from 400 to 800 as needed to help athletes feel nice and ready for our intervals today

If you're doing this at the gym, you can also replace it with rowing or biking for anyone that needs to control running volume.

The dynamic stretching can also be increased to 3 sets per stretch to make sure athletes are loose.

Drills:

The priority of these drills is to get the athlete's body ready, mainly calves and hamstrings. However, the technique of these drills can greatly improve athletes' running mechanics so don't neglect the teaching component here.

Each drill is meant to have short contact time on the ground along with good posture: low shoulders, bent arms and relaxed hands. Ribs pointing towards the belly button and a hollow core position (not extension)

A Skip: <https://youtu.be/-SPaJidNYNY>

Butt kicks: <https://youtu.be/kM9N9TzBsGg>

These skips are static but for this warm up they should be done moving

Running

7 min warm up, jog

Into

6 sets

1 minute @ 95%

2 minutes @ 75%

Into

5 min cool down, easy jog

This speed session is a bit different from our traditional max effort days  
Total time: 30 minutes

Scaling total time: 25 minutes

If your athletes are using the pace chart we sent out last week (available on CIRCLE) then we know that the 95% effort written here isn't RPE 9.5 or 95% but rather 95% of the athletes threshold pace. The threshold pace in our case is a theoretical 10km max effort pace (or a hard run for 45-60 minutes).

### Scaling

5 min warm up as 1 minute jog, 1 minute walk (last minute is jog)

This isn't that fast. Rather, what we're trying to do here is increase our ability to RECOVER while moving after running at a faster pace. The importance of this session isn't just on the 95% for one minute but the fact that athletes will continue to RUN at a 75% or recovery pace in between their running efforts.

6 sets

30 sec @ 95%

2 minutes @ jog or walking (no stopping)

5 min cool down as 2 minute jog, 3 minute walk

### Accessory

3-5 Sets

10/10 Clamshell Raise

10 Reverse hyps on bench or GHD

Low Back health

Clamshell Raise: <https://youtu.be/Nhu2GBrVCy0>

# FOCUS - RUN: Week 2

## Session 2 - TEMPO

This is our tempo session. Today is about increasing our exposure to race pace (or close to) running. Race pace is for 5, 10 or 21km NOT 1 Mile. This means it's still below a maximal effort. We're looking to increase running mechanic endurance.

**1. Easy 400-800m Jog (2-4:00)**

We're starting off with the same warm up as last week but we're switching the drill to a straight leg shuffle.

**2. Go through each drill as 25' drill out, Jog back (8:00)**

- Walking knee tuck x 2
- Walking Quad Stretch x 2
- Hamstring Scoop x 2
- Walk on toes x 1 (knees don't bend)
- Walk on heels x 1 (toes up, knees don't bend)
- Walk on outside of feet x 1

The straight leg shuffle is an excellent drill to help athletes reduce their contact time on the ground and reinforce upper body posture. Although it looks like we're in an extension position, the core is actually extremely engaged and working to keep a hollow body position. Shoulders must stay relaxed and the arm action in this drill helps a lot with the cadence and the forward propulsion.

Athletes should aim to keep their legs straight so as to have a mid-foot contact with the ground. Some athletes may struggle with this and have a kicking motion. You can demonstrate this drill in slow motion first so that athletes can feel out the position and see how straight their legs need to be.

Straight leg shuffle: <https://youtu.be/8qRcSfJrAi4>

**3. Straight leg shuffle**

Here's a demonstration of how we can progress athletes through this drill: <https://youtu.be/h0FkSsOr6EE>

3-5 x 25', jog back

**Running**

Our tempo run should still feel quite manageable

Choose your workout based on your goal distance

We are slowly making our way to continuous tempo effort. At this moment, our goal is to increase our mechanical endurance at "race pace" or close to race pace.

**5km (20 minutes)**

Although aerobically, some may not need the rest intervals inputted there, the goal of these is to keep the athletes running posture and technical consistency.

- 7:30 minutes @ 75%
- 2 minutes @ 85%
- 1 minute @ 75%
- 2 minutes @ 85%
- 7:30 minute @ 75%

Athletes should consistently do a form check when they run: Are my shoulders low? Am I crossing my arms in front of my body? Are my hands relaxed?

**10 km (30 minutes)**

- 10 minutes @ 75%
- 4 minutes @ 85%
- 2 minutes @ 75%
- 4 minutes @ 85%
- 10 minutes @ 75%

**21 km (40 minutes)**

- 12 minutes @ 75%
- 8 minutes @ 85%
- 2 minutes @ 75%
- 8 minutes @ 85%
- 10 minutes @ 75%

**Accessory**

RDL with reach: <https://youtu.be/1CtOvVknBUU>  
Russian step up: <https://youtu.be/uld3RJ2CMEY>

**Stability**

- 2-4 sets
- 12/12 RDL with reach
- 6/6 Slow Russian step up with low box / plates

## Session 3 - Long Run

This is our long run of the week. It can be given as “homework” or done in a “social run club” style! Early run + coffee 😊

- 1. 3 sets  
10/10 Calf raises  
10/10 Hip Hikes  
10/10 Raising clamshells

- 2. Ballistic leg swings  
10 reps / leg, Front to back + Side to Side

### Running

Choose time based on running goal (5, 10 or 21km)

Easy 20, 35 or 45 minute jog

We're doing an easy prep for our long run today. Just enough to get the body primed up.

Today's session is simple but important, as mentioned last week.

Z2 is an important part of aerobic training and running at such low intensity for a long period of time is also great to help improve mechanics and “ease of running”.

Beginners who need to be careful with running volume and who have taken on session 1 and session 2 can do this as a walk.

Intermediate and advanced athletes will need to check their watch regularly to make sure they're not running too fast.

70-75% of threshold represents a run people can hold for 1-2+ hours.

# FOCUS - RUN: Week 3

## Session 1 - SPEED

Today is an interval session that is more like a Fartlek session than a high intensity interval training with full rest.

If athletes did not perform last week's mile test and haven't put in their data in the running pace calculator sent in CIRCLE, they can go by RPE.

The higher intensity efforts should be performed at a pace that's a hard effort 10km run (not MAX effort 400m style effort) and the lower intensity effort should be performed at a Z2 pace (recovery)

### HWPO Affiliate. Speed Running Warm up

15-18 minutes

Easy 400m jog

Drills:

1. Ballistic Leg swings, Front & Back & Side to Side  
12/leg

The priority of these drills is to get the athlete's body ready, mainly calves and hamstrings. However, the technique of these drills can greatly improve athletes' running mechanics so don't neglect the teaching component here.

2. Dynamic Stretching  
2 x Each, 20-25'  
Hamstring Scoops  
Walking knee tucks  
Walking Quad stretch  
Side Lunges

Each drill is meant to have short contact time on the ground along with good posture: low shoulders, bent arms and relaxed hands. Ribs pointing towards the belly button and a hollow core position (not extension)

Walking knee tucks:

3. Dynamic Warm up  
2 x Each, 20-25'. Drill out, jog back. Change side on Carioca  
A Skip  
Butt Kicks  
Carioca

A Skip: <https://youtu.be/-SPaJidNYNY>

Butt kicks: <https://youtu.be/kM9N9TzBsGg>

These skips are static but for this warm up they should be done moving

### Running

30/25 minutes total working time

5 min jog warm up

Although athletes already had a warm up, putting in the 5 minutes warm up here is important to allow a proper ramp up in terms of pace.

—

8 sets

1 minute @ 95%

Depending on how you implement the running session (at a track or at the gym) you can make this warm up more dynamic by doing a partner relay in sets of 2 x 200m each with athletes doing air squats or another machine while the other is jogging. Ideally, as the 10 minutes progress, athletes will run slightly more intensely to ramp up towards a moderate effort.

1:30 minute @ 75%

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5:00 min cool down

30:00 total

Our working sets today have increased to 8 minutes at a pace that is close to threshold (remember threshold for this specific program is 10km run or 45 minute run, not sprint).

### Scaling

5 min walk + jog

This is speed play but not maximal intensity intervals. The recovery intervals has the athletes constantly moving. This is a very important component of this running program: constant movement. You can have them do it on an airbike instead of running if athletes need variety but the main goal is moving from fast pace to slow pace without stopping.

6 sets

1 minute @ 85%

1:30 minute @ 75%

5:00 min cool down

25:00 total working time

### Accessory

To be done most likely outside of the hour

3-5 sets

10/10 Weighted Russian step up

Russian step up: <https://youtu.be/uld3RJ2CMEY>

15/15 Banded lateral toe taps

Weighted = DBs in farmer's carry style

10/10 Quadruped unilateral hip extensions

Quadruped Unilateral hip extension: <https://youtu.be/-UMdN57yp94>

# FOCUS - RUN: Week 3

## Session 2 - TEMPO

This is our tempo session. Today is about increasing our exposure to race pace (or close to) running. Race pace is for 5, 10 or 21km NOT 1 Mile. This means it's still below a maximal effort. We're looking to increase running mechanic endurance.

1. Easy 400-800m Jog (2-4:00)

15 minutes

2. Go through each drill as 25' drill out, Jog back (8:00)

We're starting off with the same warm up as last week but we're switching the drill to a B skip

- Walking knee tuck x 2
- Walking Quad Stretch x 2
- Hamstring Scoop x 2
- Walk on toes x 1 (knees don't bend)
- Walk on heels x 1 (toes up, knees don't bend)
- Walk on outside of feet x 1

The b skip is probably one of the hardest skips to learn. We should not expect perfection by any means but we do want to begin to expose ourselves to this skip since it's such a benefit to running mechanics, posture and a great warm up too.

The most common mistake of the B skip is that athletes will kick upwards. The goal is to bring the knee up with a dorsiflexion, then extend the leg THEN pull the heel downward to scrape the ground. This drill is to warm up the hamstrings. It's used a lot for sprinters. It's not necessarily a priority for long distance running but it's always good to learn new skills!

3. B Skip

2 x 25' Slow B Skip + Jog back  
2-4 x 25' B Skip

B Skip: <https://youtu.be/gOHHX10teHI>

Slow Motion B Skip: <https://youtu.be/dYJt07mCJhE>

Choose your workout based on your goal distance

At this point, athletes who are choosing to run the longer distance will either need to cut the training time slightly or expect to go a bit later in the hour to accommodate the warm up, etc.

**5km (22 minutes)**

- 7:00 minutes @ 75%
- 4 minutes @ 85%
- 1 minute @ 75%
- 3 minutes @ 85%
- 7:00 minute @ 75%

We're increasing our time running at our tempo pace, something that will resemble a goal "race pace". Your more advanced runners can potentially run slightly faster than this pace but your more beginner runners should aim for consistency at the pace and most importantly, comfort & control.

**10 km (33 minutes)**

- 10 minutes @ 75%
- 6 minutes @ 85%
- 2 minutes @ 75%
- 5 minutes @ 85%
- 10 minutes @ 75%

**21 km (44 minutes)**

- 12 minutes @ 75%
- 10 minutes @ 85%
- 2 minutes @ 75%
- 10 minutes @ 85%
- 10 minutes @ 75%

Accessory

- 2-4 sets
- 12/12 Split stance Pallof Press
- 12/12 Star plank leg raises

Most likely to be done outside of class

Star plank setup: [https://youtu.be/hz\\_PSI7F6E](https://youtu.be/hz_PSI7F6E)

Leg raises means the leg goes down & up for 12 reps.

## FOCUS - RUN: Week 3

### Session 3 - Long Run

This is our long run of the week. It can be given as “homework” or done in a “social run club” style! Early run + coffee 😊

1. 3 sets  
10/10 Calf raises  
10/10 Hip Hikes  
10/10 Raising clamshells

We're doing an easy prep for our long run today. Just enough to get the body primed up.

2. Ballistic leg swings  
10 reps / leg, Front to back + Side to Side

#### Running

Today's session is simple but important, as mentioned last week.

Choose time based on running goal (5, 10 or 21km)

Z2 is an important part of aerobic training and running at such low intensity for a long period of time is also great to help improve mechanics and “ease of running”.

Easy 15, 25, 35, 45 or 60 minute jog

Today we have more choices but essentially after 3 weeks, more beginner running may need to taper down if they're done all the sessions so far in this focus. Beginners who need to be careful with running volume and who have taken on session 1 and session 2 can do this as a walk.

Athletes who are aiming for the 21 km distance just go for the 60 minutes and should make a real effort to run slowly.

# FOCUS - RUN: Week 4

## Session 1 - SPEED

Today is an interval session that is more like a Fartlek session than a high intensity interval training with full rest.

If athletes did not perform last week's mile test and haven't put in their data in the running pace calculator sent in CIRCLE, they can go by RPE.

The higher intensity efforts should be performed at a pace that's a hard effort 10km run (not MAX effort 400m style effort) and the lower intensity effort should be performed at a Z2 pace (recovery)

### HWPO Affiliate, Speed Running Warm up

15-18 minutes

Easy 400m jog

1. Ballistic Leg swings, Front & Back & Side to Side  
12/leg

Drills:

The priority of these drills is to get the athlete's body ready, mainly calves and hamstrings. However, the technique of these drills can greatly improve athletes' running mechanics so don't neglect the teaching component here.

2. Dynamic Stretching

2 x Each, 20-25'

Hamstring Scoops

Walking knee tucks

Walking Quad stretch

Side Lunges

Each drill is meant to have short contact time on the ground along with good posture: low shoulders, bent arms and relaxed hands. Ribs pointing towards the belly button and a hollow core position (not extension)

A Skip: <https://youtu.be/-SPaJidNYNY>

Butt kicks: <https://youtu.be/kM9N9TzBsGg>

Carioca: <https://youtu.be/OykS6XwLX5Q>

These skips are static but for this warm up they should be done moving

3. Dynamic Warm up

2 x Each, 20-25'. Drill out, jog back.

Change side on Carioca

A Skip

Butt Kicks

Carioca

Running

Scaling

Notes:

7 min warm up

—

5 sets (10:00)

1 minute @ 105%

1 minute @ 75%

—

Recover 2:00 @ 75%

—

5 sets (7:30)

45 sec @ 105%

45 sec @ 75%

—

Recover 2:00 @ 75%

—

5 sets (5:00)

30 sec @ 105%

30 sec @ 75%

6:30 minute cool down

7 min warm up

—

5 sets (5:00)

30 sec @ 105%

30 sec @ 75%

—

Recover 3:00 @ 75% / Jog-walk

—

5 sets (5:00)

30 sec @ 105%

30 sec @ 75%

—

Recover 3:00 @ 75% / Jog-walk

—

5 sets (5:00)

30 sec @ 105%

30 sec @ 75%

—

7:00 minute cool down

This speed session has a bit more bite to it. We're starting to run faster than our threshold and recovering actively in each segment.

The RX version of this workout starts with longer intervals and ends with shorter intervals so that we can limit form breakdown quite a bit and keep athletes motivated.

The only sets that athletes can run faster if they feel good is the last 5 sets of intervals.

Accessory

3-5 sets

10/10 Unilateral Feet elevated Glute bridge

10/10 Weighted reverse lunge + Knee drive

Most likely to be done outside of class

Feet elevated Glute bridge: <https://youtu.be/uf8SXRQAypg>

Weighted reverse lunge + knee drive: <https://youtu.be/XyFO2QWYtHk>

# FOCUS - RUN: Week 4

## Session 2 - TEMPO

This is our tempo session. Today is about increasing our exposure to race pace (or close to) running. Race pace is for 5, 10 or 21km NOT 1 Mile. This means it's still below a maximal effort. We're looking to increase running mechanic endurance.

1. Easy 400-800m Jog (2-4:00)

Today's new drill is called the ankling drill.

2. Go through each drill as 25' drill out, Jog back (8:00)

The ankling drill is a great warm up drill but also encourages having a shorter contact time with the ground thus promoting the proper loading and spring action during running. It gets people understanding that to have short contact time, the heel must only kiss the ground.

- Walking knee tuck x 2
- Walking Quad Stretch x 2
- Hamstring Scoop x 2
- Walk on toes x 1 (knees don't bend)
- Walk on heels x 1 (toes up, knees don't bend)
- Walk on outside of feet x 1

To get members doing this correctly, we have to start very slow. The step starts with the toe on the ground and the athlete then pushes down until the knee extends but the heel kisses the ground.

3. Ankling Drill

Once athletes understand how to control their feet, then we can increase the cadence by increasing the speed of our arm action.

3 x 25' Slow motion ankling  
2-4 x Faster motion

Ankling Drill: <https://youtu.be/qSg3cVjRqsQ>

Choose your workout based on your goal distance

85% might feel very slow for some. With more training specific to running we can start to replace the 85% form the running calculator to the desired Race Pace

5km (25 minutes)

- 7:00 minutes @ 75%
- 6 minutes @ 85%
- 1 minute @ 75%
- 4 minutes @ 85%
- 7:00 minute @ 75%

We're starting to increase our running time at a tempo pace. This means we're increasing our ability to run at our goal pace.

Athletes should focus on their postures, maintaining their upper bodies relaxed and their cadence high and controlled. Thinking about the ankling drill can be very helpful in these sessions since we want to reduce our time on the ground and use the spring motion as much as we can.

10 km (35 minutes)

- 12 minutes @ 75%
- 7 minutes @ 85%
- 1 minute @ 75%
- 5 minutes @ 85%
- 10 minutes @ 75%

21 km (46 minutes)

- 12 minutes @ 75%
- 12 minutes @ 85%
- 2 minutes @ 75%
- 10 minutes @ 85%
- 10 minutes @ 75%

Accessory

Most likely to be done outside of class

- 3-5 sets
- 7/7 RDL Airplane
- 10/10 Split stance Pallof Press

# FOCUS - RUN: Week 4

## Session 3 - Long Run

This is our long run of the week. It can be given as “homework” or done in a “social run club” style! Early run + coffee 😊

1. 3 sets  
10/10 Calf raises  
10/10 Hip Hikes  
10/10 Raising clamshells

We're doing an easy prep for our long run today. Just enough to get the body primed up.

Ballistic leg swings: <https://youtu.be/plGKuoHk1zc>

2. Ballistic leg swings  
10 reps / leg, Front to back + Side to Side

### Running

Today's session is simple but important, as mentioned last week.

Choose time based on running goal (5, 10 or 21km)

Z2 is an important part of aerobic training and running at such low intensity for a long period of time is also great to help improve mechanics and “ease of running”.

Easy 20, 30, 40, 50 or 70 minute jog

Once again we have our slow run of the week. Beginners who need to be careful with running volume and who have taken on session 1 and session 2 can do this as a walk or perform it as a continuous jog/walk.

Ideally slightly longer than last week by 5 minutes

Athletes running a 10km should go for a 50 minute today

Athletes who are aiming for the 21 km distance just go for 70 minutes and should make a real effort to run slowly.

# FOCUS - RUN: Week 5

## Session 1 - SPEED

Today is an interval session that is more like a Fartlek session than a high intensity interval training with full rest. If athletes did not perform last week's mile test and haven't put in their data in the running pace calculator sent in CIRCLE, they can go by RPE. The higher intensity efforts should be performed at a pace that's a hard effort 10km run (not MAX effort 400m style effort) and the lower intensity effort should be performed at a Z2 pace (recovery)

<p><b>HWPO Affiliate, Speed Running Warm up</b> Easy 400m jog</p> <p>1. Ballistic Leg swings, Front &amp; Back &amp; Side to Side 12/leg</p> <p>2. Dynamic Stretching 2 x Each, 20-25' Hamstring Scoops Walking knee tucks Walking Quad stretch Side Lunges</p> <p>3. Dynamic Warm up 2 x Each, 20-25'. Drill out, jog back. A Skip Butt Kicks Carioca: Change side on Carioca</p>	<p>15-18 minutes</p> <p>Drills: The priority of these drills is to get the athlete's body ready, mainly calves and hamstrings. However, the technique of these drills can greatly improve athletes' running mechanics so don't neglect the teaching component here.</p> <p>Each drill is meant to have short contact time on the ground along with good posture: low shoulders, bent arms and relaxed hands. Ribs pointing towards the belly button and a hollow core position (not extension)</p> <p>A Skip: <a href="https://youtu.be/-SPaJidNYYN">https://youtu.be/-SPaJidNYYN</a> Butt kicks: <a href="https://youtu.be/kM9N9TzBsGg">https://youtu.be/kM9N9TzBsGg</a> Carioca: <a href="https://youtu.be/OykS6XwLX5Q">https://youtu.be/OykS6XwLX5Q</a> These skips are static but for this warm up they should be done moving</p>	
<p><b>Running</b> 7 minutes @ 75% ----- ramp up (3min) 2 sets 30s @ 85% 30s @ 90% 30s @ 100% ----- recover 2:00 @ 75% ----- 5 sets (6:15) 30s @ 120% 45s @ 75% ----- recover 2:15 @ 75% ----- 5 sets (6:15) 30s @ 120% 45s @ 75% ----- recover 2:15 @ 75% ----- 5 sets (6:15) 30s @ 120% 45s @ 75% ----- 4:45 Cool down</p>	<p><b>Scaling</b> 7 minute warm up ---- Ramp up (1:30) 30 sec moderate 30 sec harder 30 sec easy ---- recover 1:30 ---- 5 sets (5:00) 15 sec @ 115% 45 sec @ 75% ---- Recover 3:00 @ 75% / Jog-walk ---- 5 sets (5:00) 15 sec @ 115% 45 sec @ 75% ---- Recover 3:00 @ 75% / Jog-walk ---- 5 sets (5:00) 15 sec @ 115% 45 sec @ 75% ---- 4:00 cool down</p>	<p><b>Notes:</b> This is our highest intensity/speed so far. Essentially, we're running at 400-800m speed for 30 seconds with 45 sec recovery running. It is super important to continue to run in the 45 sec intervals even if it's a slow jog.</p> <p>Next week we are de-loading so this session should be a big one. Push athletes to give it their best effort. In the third set of 5 intervals, if they feel good they can really sprint there!</p>
<p><b>Accessory</b> 3-5 sets 8/8 Reverse lunges + Knee drive, loaded 8/8 Unilateral RDL with KB</p>	<p>Most likely done outside of class Reverse lunge with knee drive: <a href="https://youtu.be/XyFO2QWYtHk">https://youtu.be/XyFO2QWYtHk</a> Move slower with more control. USE a moderate to heavy load</p> <p>Unilateral RDL with KB: <a href="https://youtu.be/-OytGFZV7Sq">https://youtu.be/-OytGFZV7Sq</a></p>	

# FOCUS - RUN: Week 5

## Session 2 - TEMPO

This is our tempo session. Today is about increasing our exposure to race pace (or close to) running. Race pace is for 5, 10 or 21km NOT 1 Mile. This means it's still below a maximal effort. We're looking to increase running mechanic endurance.

### 1. Easy 400m Jog (2:00-2:30)

Today's new drill is a metronome running drill..

### 2. Go through each drill as 25' drill out, Jog back (8:00)

Metronome running drill: <https://youtu.be/4pp1NQvEfoc>

- Walking knee tuck x 2
- Walking Quad Stretch x 2
- Hamstring Scoop x 2
- Walk on toes x 1 (knees don't bend)
- Walk on heels x 1 (toes up, knees don't bend)
- Walk on outside of feet x 1

This drill allows us to talk about cadence. Although there is no absolute number to the best cadence, when we think of long distance running, we need to put a lot more importance on injury prevention and efficiency than stride length.

It's well known that the "optimal" cadence is 180 SPM (steps/minute) ; it won't work for everyone. The right cadence for the person is one that will allow them the most efficiency per step.

### 3. Metronome "running"

- 30 sec @ 60 bpm
- 30 sec @ 80 bpm
- 30 sec @ 100 bpm
- 30 sec @ 120 bpm
- 30 sec @ 140 bpm
- 30 sec @ 160 bpm
- 30 sec @ 180 bpm

One thing a lot of . do though is over stride. Ding the metronome running drill will give members a sense of rhythm and understanding WHAT this cadence number actually looks like (and sounds like!)

To do the drill, set up a metronome on a speaker/computer/phone. Here is a link to a free metronome:

<https://www.metronomeonline.com>

By the time we get to 180, it'll look more like a skip or even a form of ankling drill!

Have fun!

Choose your workout based on your goal distance

Today's tempo session is going to be a challenge for some. We're going to run uninterrupted at our threshold pace.

- 5km (20 minutes)
- 5 minutes @ 75%
- 10 minutes @ 85%
- 5 minutes @ 75%

This is more like a true tempo run.

- 10 km (35 minutes)
- 10 minutes @ 75%
- 15 minutes @ 85%
- 10 minutes @ 75%

It should feel hard right off the bat but for some who are newer to running, it can get a bit daunting nearing the end of our tempo interval. As mentioned in the notes above, this is a week before a deload week so we need our members to give one last push before getting a slight break!

- 21 km (40 minutes)
- 10 minutes @ 75%
- 20 minutes @ 85%
- 10 minutes @ 75%

### Accessory

Most likely to be done outside of class

- 3-5 sets
- 25/25' Walking lunges @ suitcase carry with DB, moderate to heavy
- 20 Med Ball deadbugs

Medball deadbugs: <https://youtu.be/q8lrYADRfk>

# FOCUS - RUN: Week 5

## Session 3 - Long Run

This is our long run of the week. It can be given as “homework” or done in a “social run club” style! Early run + coffee 😊

- 1. 3 sets  
10/10 Calf raises  
10/10 Hip Hikes  
10/10 Raising clamshells

- 2. Ballistic leg swings  
10 reps / leg, Front to back + Side to Side

### Running

Choose time based on running goal (5, 10 or 21km)

Easy 25, 35, 45, 60 or 85 minute jog

Ideally slightly longer than last week by 5 minutes

We're doing an easy prep for our long run today. Just enough to get the body primed up.

Ballistic leg swings: <https://youtu.be/plGKuoHk1zc>

Today's session is simple but important, as mentioned last week.

Z2 is an important part of aerobic training and running at such low intensity for a long period of time is also great to help improve mechanics and “ease of running”.

Once again we have our slow run of the week. Beginners who need to be careful with running volume and who have taken on session 1 and session 2 can do this as a walk or perform it as a continuous jog/walk.

Athletes running a 10km should go for a 60 minute today

Athletes who are aiming for the 21 km distance just go for 85 minutes and should make a real effort to run slowly.

# FOCUS - RUN: Week 6

## Session 1 - SPEED (Deload)

Today is an interval session that is more like a Fartlek session than a high intensity interval training with full rest. If athletes did not perform last week's mile test and haven't put in their data in the running pace calculator sent in CIRCLE, they can go by RPE. The higher intensity efforts should be performed at a pace that's a hard effort 10km run (not MAX effort 400m style effort) and the lower intensity effort should be performed at a Z2 pace (recovery)

### HWPO Affiliate, Speed Running Warm up

Easy 400m jog

1. Ballistic Leg swings, Front & Back & Side to Side  
12/leg

2. Dynamic Stretching  
2 x Each, 20-25'  
Hamstring Scoops  
Walking knee tucks  
Walking Quad stretch  
Side Lunges

3. Dynamic Warm up  
2 x Each, 20-25'. Drill out, jog back.  
A Skip  
Butt Kicks  
Carioca: Change side on Carioca

15-18 minutes

Drills:

The priority of these drills is to get the athlete's body ready, mainly calves and hamstrings. However, the technique of these drills can greatly improve athletes' running mechanics so don't neglect the teaching component here.

Each drill is meant to have short contact time on the ground along with good posture: low shoulders, bent arms and relaxed hands. Ribs pointing towards the belly button and a hollow core position (not extension)

A Skip: <https://youtu.be/n5-b8msvY8k>

Butt kicks: <https://youtu.be/kM9N9TzBsGg>

Carioca: <https://youtu.be/OykS6XwLX5Q>

These skips are static but for this warm up they should be done moving

Running

5 minutes @ 75%

-----  
10 x  
30 sec @ 90-100%  
1:30 @ 75%

-----  
5 minutes @ 75%

This Week's speed session is much shorter in volume but we're still running with some good intensity.

We should feel strong on the hard runs and we can also suggest members to go by feel instead of absolute %. The goal of this session is to stay sharp but promote recovery!

Accessory

3-5 sets  
5/5 Wall knee drive + external rotation  
5-8/side Side plank leg raises

These accessories are important for hip health & we should try to incorporate them in class today.

Wall knee drive + ext rotation: <https://youtu.be/wLyADFwjXXw>

Side plank leg raise: <https://youtu.be/bmzQQE2EyNA>

# FOCUS - RUN: Week 6

## Session 2 - TEMPO (Deload)

This is our tempo session. Today is about increasing our exposure to race pace (or close to) running. Race pace is for 5, 10 or 21km NOT 1 Mile. This means it's still below a maximal effort. We're looking to increase running mechanic endurance.

### 1. Easy 400m Jog (2:00-2:30)

2. Go through each drill as 25' drill out, Jog back (8:00)
- Walking knee tuck x 2
  - Walking Quad Stretch x 2
  - Hamstring Scoop x 2
  - Walk on toes x 1 (knees don't bend)
  - Walk on heels x 1 (toes up, knees don't bend)
  - Walk on outside of feet x 1

### 3. A & B Skip

- 3 x 25' Slow Motion A Skip
- 3 x 25' A Skip
- 3 x 25' Slow Motion B Skip
- 3 x 25' B Skip

Today's Drill is going back to "basics". With the A & B Skip.

We practiced many skips over the past few weeks so hopefully this practice will have led to a good understanding of rhythm and bounding. The A Skip is probably the most common skip we do and the B Skip is one of the hardest to learn.

There are elements of the A skip in the B Skip so this is why I've combined them together. Don't expect perfection, the main thing we use these for is for warm up and the added benefit is learning a new skill.

Slow motion A Skip: <https://youtu.be/a6TGg1yUoaE>

A Skip: <https://youtu.be/n5-b8msvY8k>

Slow motion B Skip: <https://youtu.be/dYJt07mCJhE>

B Skip: <https://youtu.be/qOHHX10teHI>

### Running

- 5 minute warm up
- 5 sets
- 2 minutes @ 85%
- 1 minute @ 75%
- 5 minute cool down

25 minutes

### Scaling

- 5 minute warm up
- 4 sets
- 2 minutes @ 85%
- 1 minute @ 75%
- 5 minute cool down

22 minutes

### Accessory

- 3-5 sets
- 10/10 Lying band psoas pulls
- 10/10 Quadruped unilateral hip extensions

Our "tempo" session today should be quite under control. We're staying active but running under our threshold with a good amount of recovery.

Athletes' focus today should be on technique, cadence and breathing.

Lying band psoas pull: <https://youtu.be/-EXkwFVCc64>

Quadruped Unilateral hip extension: <https://youtu.be/-UMdN57yp94>

# FOCUS - RUN: Week 6

## Session 3 - Long Run (Deload)

This is our long run of the week. It can be given as “homework” or done in a “social run club” style! Early run + coffee 😊

- 1. 3 sets
- 10/10 Calf raises
- 10/10 Hip Hikes
- 10/10 Raising clamshells

- 2. Ballistic leg swings
- 10 reps / leg, Front to back + Side to Side

- Running - deload
- Rest or 20-30 minute recovery run

We're doing an easy prep for our long run today. Just enough to get the body primed up.

Ballistic leg swings: <https://youtu.be/plGKuoHk1zc>

Today's session is optional but still encouraged. The time can even be as little as 15 minutes or just a walk. This is our last deload session before we ramp back up and get ready for the end of this cycle!

# FOCUS - RUN: Week 7

## Session 1 - SPEED

Today is an interval session that is more like a Fartlek session than a high intensity interval training with full rest.  
 If athletes did not perform last week's mile test and haven't put in their data in the running pace calculator sent in CIRCLE, they can go by RPE.  
 The higher intensity efforts should be performed at a pace that's a hard effort 10km run (not MAX effort 400m style effort) and the lower intensity effort should be performed at a Z2 pace (recovery)

### HWPO Affiliate. Speed Running Warm up

Easy 400m jog  
 1. Ballistic Leg swings, Front & Back & Side to Side  
 12/leg  
 2. Dynamic Stretching  
 2 x Each, 20-25'  
 Hamstring Scoops  
 Walking knee tucks  
 Walking Quad stretch  
 Side Lunges  
 3. Dynamic Warm up  
 2 x Each, 20-25'. Drill out, jog back.  
 A Skip  
 Butt Kicks  
 Carioca: Change side on Carioca

15-18 minutes

#### Drills:

The priority of these drills is to get the athlete's body ready, mainly calves and hamstrings. However, the technique of these drills can greatly improve athletes' running mechanics so don't neglect the teaching component here.

Each drill is meant to have short contact time on the ground along with good posture: low shoulders, bent arms and relaxed hands. Ribs pointing towards the belly button and a hollow core position (not extension)

A Skip: <https://youtu.be/n5-b8msvY8k>

Butt kicks: <https://youtu.be/kM9N9TzBsGg>

Carioca: <https://youtu.be/QykS6XwLX5Q>

These skips are static but for this warm up they should be done moving

### Running

Warm up 6 minutes @ 75%  
 Ramp up  
 2 sets  
 30 sec 85%  
 30 sec 95%  
 30 sec 105%  
 4 x  
 60s @ 120%  
 30s @ 70%.....(6:00)  
 ---  
 recover 2:00  
 ---  
 4 x  
 45s @ 120%  
 30s @ 70%.....(5:00)  
 ---  
 Recover 2:00  
 ---  
 4 x  
 30s @ 120%  
 30s @ 70%.....(4:00)  
 ---  
 recover 2:00  
 ---  
 4 x  
 15s @ 120%  
 30s @ 70%.....(3:00)  
 ---  
 Cool down 10 minutes @ 75%

### Scaling

6 minutes @ 75%  
 Ramp up.....(1:30)  
 30 sec 85%  
 30 sec 95%  
 30 sec 105%  
 ---  
 Recover 2 minutes  
 ---  
 4 sets of..... (24:00)  
 ---  
 4 x  
 30 seconds @ 120% (HARD)  
 30 seconds recovery  
 ---  
 2:00 recovery between each set of 4 rounds  
 ---  
 Cool down 4:30 minutes  
 ---  
 38 minutes

### Notes:

Today is our second to last speed session. We have the same intervals (or very similar) as two weeks ago but at a faster pace.

If members don't have their paces or feel that the % written here is too easy, we can go off of RPE and aim for a HARD (not MAX) effort vs easy effort.

43 minutes

### Accessory

3-5 sets  
 10/10 Pallof Press (Split Stance)  
 20/20 Single leg DB RDL Switch, moderate to light

To be done most likely outside of class

Pallof Press: [https://youtu.be/MufXPL\\_HSqY](https://youtu.be/MufXPL_HSqY)

Single Leg DB RDL Switch: <https://youtu.be/GicRQhwebVvk>

# FOCUS - RUN: Week 7

## Session 2 - TEMPO

This is our tempo session. Today is about increasing our exposure to race pace (or close to) running. Race pace is for 5, 10 or 21km NOT 1 Mile. This means it's still below a maximal effort. We're looking to increase running mechanic endurance.

### 1. Easy 400m Jog (2:00-2:30)

Today's warm up session includes almost all the drills we've worked on.

### 2. Go through each drill as 25' drill out, Jog back (8:00)

It's a great recap and hopefully members will see some progress in their techniques and ability on these drills.

- Walking knee tuck x 2
- Walking Quad Stretch x 2
- Hamstring Scoop x 2
- Walk on toes x 1 (knees don't bend)
- Walk on heels x 1 (toes up, knees don't bend)
- Walk on outside of feet x 1

They do take time so you can shorten the previous dynamic stretching section to get more drill work in!

#### Bunny Hops

Ankling: <https://youtu.be/gSq3cVjRqsQ>

Straight leg shuffle: <https://youtu.be/8gRcSfJrAi4>

A Skip: <https://youtu.be/n5-b8msvY8k>

B Skip: <https://youtu.be/qOHHX10teHI>

### 3. Skip Series

20-25' Drill out, jog back)

- 2-3 x Bunny Hops
- 2-3 x Ankling
- 2-3 x Straight leg shuffle
- 2-3 x A Skip
- 2-3 x B SKIP

### Running

This is our biggest Tempo session. It may be easy for some but others may struggle here. Athletes should focus on their posture, their breathing and maintaining a good rhythm.

Choose your workout based on your goal distance

#### 5 km (25 minutes)

- 5 min @ 75%
- 7 min @ 85%
- 2 min @ 75%
- 7 min @ 90%
- 4 min @ 75%

#### 10 km (40 minutes)

- 6 min @ 75%
- 12 min @ 85%
- 4 min @ 75%
- 12 min @ 90%
- 6 min @ 75%

#### 21 km (45 minutes)

- 5 min @ 75%
- 15 min @ 85%
- 5 min @ 75%
- 15 min @ 90%
- 5 min @ 75%

### Accessory

To be done most likely outside of class

#### 3-5 sets

- 15 Glute Bridge + Adduction
- 10/10 Side Lying Clam Raises

Glute Bridge + Adduction: <https://youtu.be/DT6BR5tj2vo>

Side Lying clam raises: <https://youtu.be/Nhu2GBrVCyO>

# FOCUS - RUN: Week 7

## Session 3 - Long Run

This is our long run of the week. It can be given as “homework” or done in a “social run club” style! Early run + coffee 😊

- 1. 3 sets
- 10/10 Calf raises
- 10/10 Hip Hikes
- 10/10 Raising clamshells

- 2. Ballistic leg swings
- 10 reps / leg, Front to back + Side to Side

### Running

Choose time based on running goal (5, 10 or 21km)

Easy 30, 40, 60 or 90 Easy run

We're doing an easy prep for our long run today. Just enough to get the body primed up.

Ballistic leg swings: <https://youtu.be/plGKuoHk1zc>

Today's session is an important session to include as we're in our biggest volume accumulation of the cycle. Athletes should look to run longer than their previous long run, 2 weeks ago.

Those who are running the half marathon distance should include this session and run 90 minutes.

# FOCUS - RUN: Week 8

## Session 1 - SPEED

Today is an interval session that is more like a Fartlek session than a high intensity interval training with full rest.

If athletes did not perform last week's mile test and haven't put in their data in the running pace calculator sent in CIRCLE, they can go by RPE.

The higher intensity efforts should be performed at a pace that's a hard effort 10km run (not MAX effort 400m style effort) and the lower intensity effort should be performed at a Z2 pace (recovery)

### HWPO Affiliate, Speed Running Warm up

Easy 400m jog

1. Ballistic Leg swings, Front & Back & Side to Side  
12/leg

2. Dynamic Stretching

2 x Each, 20-25'

Hamstring Scoops

Walking knee tucks

Walking Quad stretch

Side Lunges

3. Dynamic Warm up

2 x Each, 20-25'. Drill out, jog back.

A Skip

Butt Kicks

Carioca: Change side on Carioca

Running

Warm up

5 minutes @ 75%

5 minutes @ 80%

5 minutes @ 85%

----

recover 2 minutes @ 75%

----

6 x

:30 @ 120%

1:00 @ 75%

----

recover 4 minutes @ 70-75%

----

6 x

:30 @ 120%

1:00 @ 75%

-----

6 minutes @ 75%

45 minutes

15-18 minutes

Drills:

The priority of these drills is to get the athlete's body ready, mainly calves and hamstrings. However, the technique of these drills can greatly improve athletes' running mechanics so don't neglect the teaching component here.

Each drill is meant to have short contact time on the ground along with good posture: low shoulders, bent arms and relaxed hands. Ribs pointing towards the belly button and a hollow core position (not extension)

A Skip: <https://youtu.be/n5-b8msvY8k>

Butt kicks: <https://youtu.be/kM9N9TzBsGg>

Carioca: <https://youtu.be/OykS6XwLX5Q>

Scaled

Warm up

3 minutes @ 75%

3 minutes @ 80%

3 minutes @ 85%

----

recover 2 minutes @ 75%

----

4 x

:30 @ 120%

1:00 @ 75%

----

recover 2 minutes @ 70-75%

----

4 x

:30 @ 120%

1:00 @ 75%

-----

5 minutes @ 75%

30 minutes

Notes:

This is our last speed session of this focus. We've got some high intensity running but not for a very long time. We want to stay aerobically sharp but keep the volume controlled for our goal distance that we'll be doing later on in the week.

Athletes should feel strong & fast today!

### Accessories

3-5 sets

10/10 Foot elevated unilateral glute bridge

10/10 Side lying Clam raise

10/10 Quadruped Unilateral hip extension

These accessories can be potentially put in class. The accessories for this week are designed for joint health and thus will not be loaded.

Foot elevated Unilateral glute bridge: <https://youtu.be/uf8SXRQAvpQ>

Side lying clam raise: <https://youtu.be/Nhu2GBrVCy0>

Quadruped Unilateral hip extension: <https://youtu.be/-UMdN57yp94>

# FOCUS - RUN: Week 8

## Session 2 - TEMPO

This is our tempo session. Today is about increasing our exposure to race pace (or close to) running. Race pace is for 5, 10 or 21km NOT 1 Mile. This means it's still below a maximal effort. We're looking to increase running mechanic endurance.

### 1. Easy 400m Jog (2:00-2:30)

### 2. Go through each drill as 25' drill out, Jog back (8:00)

- Walking knee tuck x 2
- Walking Quad Stretch x 2
- Hamstring Scoop x 2
- Walk on toes x 1 (knees don't bend)
- Walk on heels x 1 (toes up, knees don't bend)
- Walk on outside of feet x 1

### 3. Skips

2 x 3 x 25' out, jog back

- A Skip
- B Skip
- Forward Shuffle
- Butt kicks

Today's warm up is back to skips, nothing new for the session since we want to focus on posture and cadence to get athletes ready for the last running training session of the focus cycle.

Look for relaxed shoulders and hands in the skips and athletes gaze forward towards the horizon.

Get them nice and warm and ready for the session!

A Skip: <https://youtu.be/n5-b8msvY8k>

B Skip: <https://youtu.be/gOHHX10teHl>

Straight leg Shuffle: <https://youtu.be/8gRcSfJrAi4>

Butt Kicks: <https://youtu.be/kM9N9TzBsGg>

### Running

35 minutes

5 minutes @ warm up

—

4 x

2:30 minutes @ 85%

2:30 minutes @ recovery

—

5 minutes @ cool down

This is our last tempo session but in fact, it's lower than tempo, it's more aerobic and athletes should still feel pretty good here with no problem hitting the paces.

Athletes should focus on posture and cadence. We want to be "proud" runners with a high chin & low shoulders. The hands should be relaxed and arms bent.

### Accessory

3-5 sets

12/12 Hip Hikes

12/12 Calf raises

These accessories are amazing to include for anyone looking to run regularly. They should be included in class if possible and can even be done BEFORE the run. If you do them before the run, opt for 3 sets, not 5.

Hip Hikes: <https://youtu.be/RMevneXi2LA>

## Session 3 - Recovery Run

This is our long run of the week. It can be given as “homework” or done in a “social run club” style! Early run + coffee 😊

- 1. 3 sets
- 10/10 Calf raises
- 10/10 Hip Hikes
- 10/10 Raising clamshells

- 2. Ballistic leg swings
- 10 reps / leg, Front to back + Side to Side

### Running

Choose time based on running goal (5, 10 or 21km)

Easy 10-20 30 minutes

We're doing an easy prep for our long run today. Just enough to get the body primed up.

Hip Hikes: <https://youtu.be/RMevneXi2LA>

Ballistic leg swings: <https://youtu.be/plGKuoHk1zc>

This run is optional but good to include about 2 days out of the goal distance.

This is what we call aerobic activation. Warm up phase, maybe a slight sweat but nothing hard.

# FOCUS - RUN: Goal Distance Run!

## Goal Distance Run

This is it!! Our goal is here! MAke this a small event at your gym, on a Saturday or Sunday. Have a running route with gym members cheering on and a party at the finish line!!

For Time

This is it!!!

Run 5, 10 or 21.1km

We've finally made it to our goal distance. For some, it will be running a continuous 5km at high effort. Others it will be to run sub 2 hour half-marathon.

Something that we haven't fully talked about is hydration and nutrition, this is more for the athletes performing the half marathon. Any long effort that goes over 1 hour, we should normally fuel with carbs to help keep the engine going.

If athletes have never trained this, they need to use a carb source they've consumed in the past (maple syrup, honey, carb drink mix).

Hydration in the half marathon is also important. Depending on the weather, it's very important to have hydration available to the athletes or that they wear a hydration vest or belt. They do not have to fully drink but having small sips throughout the race can be great.

Have a great time everyone! I hope members enjoy this challenge, we'll see you in the next focus!