



Half Marathon Program(s) Kelowna 2018

Week and Date	LSD SWEET	LSD BOLD
WEEK ONE Sunday June 17	9K – 5 & 2's	Trails with Tara and Chris
WEEK TWO Sunday June 24	10K	12K
WEEK THREE Sunday July 1 st	10K – Get Canadian	10K - Get Canadian
WEEK FOUR Sunday July 8	12K	13K
WEEK FIVE Sunday July 15	14K	15K
WEEK SIX Sunday July 22 nd	8K at Kamloops Marathon	8K or 21K at Kamloops Marathon
WEEK SEVEN Saturday July 29	15K	15K or 10K recovery run
WEEK EIGHT Sunday August 5	10K	15K
WEEK NINE Sunday August 12	15K	12K
WEEK TEN Sunday August 19	13K	13K
WEEK ELEVEN Sunday August 26 th	17K	17K
WEEK TWELVE Sunday Sept 2 nd	10K (or walk in the park)	12k (or walk in the park)
WEEK THIRTEEN Sunday Sept 9 th	Fall RUNClub Begins 16.5K	Fall RUNClub Begins 16.5K
WEEK FOURTEEN Saturday Sept 15/or Sun 16	10K (Get Corked is Sat.)	10K - (Get Corked is Sat.)
WEEK FIFTEEN Sunday Sept 23	19K Longest Run of the program	19-21K Longest run of the program!
WEEK SIXTEEN Sunday Sept 30	10K TAPER	12K TAPER
WEEK SEVENTEEN Sunday October 7 th	Kelowna Babeeee!	Kelowna Babeeee!

THE RUNClub Half Marathon PROGRAM (LSD sweet/ LSD bold)

This program is 17 weeks in duration and gradually develops your strength and endurance so that you become comfortable with completing periods of running of longer duration. The program requires RUNClubbers to engage in 3 days of running a week and 1 cross training session. The cross training can be alternative aerobic exercise like cycling, swimming, aerobics, spinning, hiking, power walking or water running.

This program will follow a specific type of training and will include the following:

- Aerobic conditioning
- Hill training
- Pace
- Hard – Medium – and Recovery weeks
- Tapering and fine-tuning

LONG RUNS

This program is designed with the long run sessions on our Sunday RUNClub day. The program gradually increases the distance of the long run to prepare you for completing the half marathon distance. The long runs are by far the **most important run of the week** and all efforts should be made to complete the prescribed distance during the week. If you are sick or life just intervenes, then don't try to "make up" for the missed long run. Trying to squeeze in two long runs in a week because you missed the previous week's long run, often leads to injuries or sickness.

Other important RUNClub LSD tips:

- No two days in a row of running
- Your running is a "**practice**" – please incorporate a thorough stretching program (or yoga); proper nutrition; proper hydration; cold -water therapy and a positive mind- set.
- Prepare properly on Saturday nights (before your LSD run on Sundays). Proper nutrition; rest and zero alcohol the night before. Be your best for you and your fellow RUNClub family members.
- Be joyful. Be supportive of your fellow RUNClub members. Give them encouragement and support via pick ups and kindness .
- Follow your weekly playwork (your specific workouts each week).
- Email your coaches any questions.
- HAVE fun !
- Celebrate!
- Life is short: **LIVE BIG!**
- Thank you for choosing RUNClub for your health and happiness.

