

WVTR Run Faster 2009

The WVTR Run Faster 2009 program is designed specifically for those who have already been working on their cardio fitness for the past 2—3 months (minimum of 3x/week for 20+ mins).

The program will boost your run fitness safely and keep your injury risk down to a low level. Run workouts are scheduled for 2—3 times per week, with each workout taking approx 30—60 mins (including warm-up and cool-down). If you would like one of your cardio workouts to be a x-country ski session or snowshoe, that is still fine for now.

Ideally you will schedule 1—2 short strength training workouts in per week to improve your overall run efficiency and further reduce your risk of injury.

For running outdoors make sure to pick a route that is as clear of icy sections as possible. If in doubt, choose the treadmill indoors.

Let's start with the first two weeks of the program now!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>15 <i>OFF or fun family & friends activity</i></p>	<p>16 5 min w-up 1 min jog + 30 sec pick-up + 1 min brisk walk x 6-8reps 5 min cool-down</p>	<p>17</p>	<p>18 20 min Strength Workout</p>	<p>19 5 min w-up 3 min jog + 1 min brisk walk x 4-5 reps 5 min cool-down</p>	<p>20 20 min Strength Workout</p>	<p>21 5 min w-up 1 min jog + 30 sec pick-up + 1 min brisk walk x 6-8reps 5 min cool-down</p>
<p>22 <i>OFF or fun family & friends activity</i></p>	<p>23 5 min w-up 1 min jog + 30 sec pick-up + 1 min brisk walk x 6-8reps 5 min cool-down</p>	<p>24</p>	<p>25 20 min Strength Workout</p>	<p>26 5 min w-up 3 min jog + 1 min brisk walk x 4-5 reps 5 min cool-down</p>	<p>27 20 min Strength Workout</p>	<p>28 5 min w-up 1 min jog + 30 sec pick-up + 1 min brisk walk x 6-8reps 5 min cool-down</p>