

WVTR Walk/Run 2009

The WVTR Walk/Run 2009 program is designed specifically for those who are just getting their shoes laced up for either the first time or after a long break from running. Your goal is to finish the Whistler Valley Trail Run mixing running with short walk breaks to help maintain an even pace throughout the race.

The program will build your cardio base safely and keep your injury risk down to a low level. Run/walk workouts are schedule for 2—3 times per week, with each workout taking approx 30—45 mins (including warm-up and cool-down). If you would like one of your cardio workouts to be a x-country ski session, 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
15 <i>OFF or fun family & friends activity</i>	16 <i>5 min w-up 1 min jog + 1 min brisk walk x 6-8reps 5 min cool-down</i>	17	18 <i>20 min Strength Workout</i>	19 <i>5 min w-up 1 min jog + 1 min brisk walk x 6-8reps 5 min cool-down</i>	20 <i>20 min Strength Workout</i>	21 <i>5 min w-up 1 min jog + 1 min brisk walk x 6-8reps 5 min cool-down</i>
22 <i>OFF or fun family & friends activity</i>	23 <i>5 min w-up 1 min jog + 1 min brisk walk x 6-8reps 5 min cool-down</i>	24	25 <i>20 min Strength Workout</i>	26 <i>5 min w-up 1 min jog + 1 min brisk walk x 6-8reps 5 min cool-down</i>	27 <i>20 min Strength Workout</i>	28 <i>5 min w-up 1 min jog + 1 min brisk walk x 6-8reps 5 min cool-down</i>