



## RUN LIKE A LEGEND



# Athletics Alberta 12 Week Running Program



Stretch after each session

<p><b>Week 1</b> 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</p>	<p><b>Week 8</b> 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</p>
<p><b>Week 2</b> Day 1: 15 min easy run Day 2: 20 min easy run, 4x50m sprints with a walk back Day 3: 20 min easy run</p>	<p><b>Week 9</b> 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</p>
<p><b>Week 3</b> 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</p>	<p><b>Week 10</b> 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</p>
<p><b>Week 4</b> 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</p>	<p><b>Week 11</b> 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</p>
<p><b>Week 5</b> 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</p>	<p><b>Week 12</b> 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</p>
<p><b>Week 6</b> 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</p>	
<p><b>Week 7</b> 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</p>	