

## 12 Week Running Program

This program is based on a 12 week cycle:

**Objective:** Increase your aerobic base. It is based on training 3-4 times a week based on program dates.

### **Week # 1**

Tues.Feb.17---20 mins.  
Thurs.Feb.19---30 mins.  
Sat.Feb.21---25 mins.

### **Week # 7**

Tues.Mar.31---2x25 mins.  
Thurs.Apr.2---35 mins.  
Sat.Apr.4---3x15 mins

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### **Week # 2**

Mon.Feb.23---30 mins .  
Wed.Feb.25---20 mins.  
Fri.Feb.27---2x20 mins  
Sun.Mar.1---30 mins

### **Week # 8**

Mon.Apr.6---30 mins  
Wed.Apr.8---25 mins.  
Fri.Apr.10---25 mins.  
Sun.Apr.12---45 mins

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### **Week # 3**

Tues.Mar.3---40 mins.  
Thurs.Mar.5---35 mins.  
Sat.Mar.7---45 mins.

### **Week # 9**

Tues.Apr.14---2x30 mins  
Thurs.Apr.16---35 mins.  
Sat.Apr.18---3x15 mins.

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### **Week # 4**

Mon.Mar.9---2x20 mins.  
Wed.Mar.11---30 mins  
Fri.Mar.13---3x15 mins.  
Sun.Mar.15---2x30 mins.

### **Week # 10**

Mon.Apr.20---30 mins  
Wed.Apr.22---50 mins  
Fri.Apr.24---2x15 mins  
Sun.Apr.26---40 mins.

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### **Week # 5**

Tues.Mar.17---2x15 mins.  
Thurs.Mar.19---40 mins  
Sat.Mar.21---3x10 mins

### **Week # 11**

Tues.Apr.28---3x20 mins  
Thurs.Apr.30---50 mins  
Sat.May.2---2x25 mins.

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### **Week # 6**

Mon.Mar.23---2x30 mins.  
Wed.Mar.25---2x15 mins  
Fri.Mar.27---40 mins  
Sun.Mar.29---3x10 mins

### **Week # 12**

Mon.May.4---40 mins  
Wed.May.6---2x25 mins  
Fri.May.8---30 mins  
Sun.May.10---35 mins

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### **Notes:**

- < When performing 2 or more runs in a session, you must take 10 minutes rest in between each run.
- < Some of these runs will be incorporated into our regular practice sessions as we move forward.
- < You are responsible for your own training program. It is up to you to follow it adequately in order to be fit. We will require that you be tested to ensure that you will be fit for the up coming season.