

## PERCEIVED EXERTION SCALE

2 - 4	VERY EASY
5	EASY
6 - 7	MODERATELY DIFFICULT
8	DIFFICULT
9	VERY DIFFICULT
10	EXHAUSTING

DURING A WORKOUT,  
YOU NEED TO CONSTANTLY  
ADJUST YOUR EFFORT  
SO THAT THE OVERALL  
PERCEIVED LEVEL OF  
DIFFICULTY MATCHES THE  
DIFFICULTY LEVEL INDICATED  
IN YOUR TRAINING PLAN

### FRIENDLY TIPS!

- To warm up and cool down, start and end each workout with 5-10 minutes of jogging or walking at a moderate pace.
- Try not to lengthen your stride unnecessarily (big steps). Aim for a pace of three steps per second.
- If you suffer from an injury caused by an accident or overuse, replace your runs with cross-training workouts, which can include cycling, swimming or hiking. If the pain persists for more than three days, consult a healthcare professional who specializes in sport rehabilitation.
- If you lack time or motivation, try to run anyway, even if it's just for 5 or 10 minutes at a slow pace. A short workout is better than none at all!
- During especially long interval training workouts, feel free to skip some intervals to make sure that you will be able to complete your workout.
- If you find it hard to recover from strenuous workouts, try reducing the level of difficulty and giving yourself more time to recover, even if it means decreasing the number of runs per week.
- Feel free to engage in physical activities other than those indicated in the training plan!
- If you feel exhausted, take a few days to recover (e.g., two rest days and two days with very short workouts)
- If needed, you may replace one or two continuous runs with cycling. Since those activities are impact-free, you may increase the overall duration of the activity by 50%. For example, a 30 minute running session may be replaced with 45 minutes of cycling.

Do you have questions about the running program or physical activity in general? Send them to our expert kinesiologist!

[kin@fitspirit.ca](mailto:kin@fitspirit.ca)

# RUNNING PROGRAM

## INTERMEDIATE



# FITSPIRIT

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>WEEK 1</b>	REST	 <p>Choose a strength training workout from the options you can find at <a href="https://fitspirit.ca/workouts">fitspirit.ca/workouts</a></p>	<p><b>20 min TOTAL</b></p> <p><b>5 min:</b> warm-up walk</p> <p><b>10 min:</b> 5×(1 min run / 1 min walk)</p> <p><b>5 min:</b> cool down</p> <p><b>DIFFICULTY: 2-4</b></p>	<p><b>22 min TOTAL</b></p> <p><b>5 min:</b> warm-up walk</p> <p><b>12 min:</b> 6×(1 min run / 1 min walk)</p> <p><b>5 min:</b> cool down</p> <p><b>DIFFICULTY: 2-4</b></p>	REST	<p><b>24 min TOTAL</b></p> <p><b>5 min:</b> warm-up walk</p> <p><b>14 min:</b> 7×(1 min run / 1 min walk)</p> <p><b>5 min:</b> cool down</p> <p><b>DIFFICULTY: 2</b></p>	<p><b>25 min TOTAL</b></p> <p><b>5 min:</b> warm-up walk</p> <p><b>15 min:</b> continuous run</p> <p><b>5 min:</b> cool down</p> <p><b>DIFFICULTY: 4</b></p>
<b>WEEK 2</b>	REST	 <p>Choose a strength training workout from the options you can find at <a href="https://fitspirit.ca/workouts">fitspirit.ca/workouts</a></p>	<p><b>28 min TOTAL</b></p> <p><b>5 min:</b> warm-up walk</p> <p><b>18 min:</b> 6×(2 min run / 1 min walk)</p> <p><b>5 min:</b> cool down</p> <p><b>DIFFICULTY: 2-4</b></p>	<p><b>31 min TOTAL</b></p> <p><b>5 min:</b> warm-up walk</p> <p><b>21 min:</b> 7×(2 min run / 1 min walk)</p> <p><b>5 min:</b> cool down</p> <p><b>DIFFICULTY: 2-4</b></p>	REST	<p><b>31 min TOTAL</b></p> <p><b>5 min:</b> warm-up walk</p> <p><b>21 min:</b> 7×(2 min run / 1 min walk)</p> <p><b>5 min:</b> cool down</p> <p><b>DIFFICULTY: 2</b></p>	<p><b>30 min TOTAL</b></p> <p><b>5 min:</b> warm-up walk</p> <p><b>20 min:</b> continuous run</p> <p><b>5 min:</b> cool down</p> <p><b>DIFFICULTY: 5</b></p>

**FITSPIRIT**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**SUNDAY**

**WEEK  
3**

**REST**



**Choose a strength training** workout from the options you can find at [fitspirit.ca/workouts](https://fitspirit.ca/workouts)

**20 min TOTAL**

**5 min:**  
warm-up walk  
**10 min:**  
20×(15 s run / 15 s walk)  
**OR**  
13×(15 s run / 30 s walk)

**5 min:**  
cool down

**DIFFICULTY: 6**

**25 min TOTAL**

**5 min:**  
warm-up walk  
**15 min:**  
continuous run

**5 min:**  
cool down

**DIFFICULTY: 2-4**

**REST**

**25 min TOTAL**

**5 min:**  
warm-up walk  
**15 min:**  
continuous run

**5 min:**  
cool down

**DIFFICULTY: 3**

**30 min TOTAL**

**5 min:**  
warm-up walk  
**20 min:**  
continuous run

**5 min:**  
cool down

**DIFFICULTY: 6-7**

**WEEK  
4**

**REST**



**Choose a strength training** workout from the options you can find at [fitspirit.ca/workouts](https://fitspirit.ca/workouts)

**20 min TOTAL**

**5 min:**  
warm-up walk  
**10 min:**  
20×(15 s run / 15 s walk)  
**OR**  
13×(15 s run / 30 s walk)

**5 min:**  
cool down

**DIFFICULTY: 6**

**25 min TOTAL**

**5 min:**  
warm-up walk  
**15 min:**  
continuous run

**5 min:**  
cool down

**DIFFICULTY: 2-4**

**25 min TOTAL**

**5 min:**  
warm-up walk  
**15 min:**  
continuous run

**5 min:**  
cool down

**DIFFICULTY: 2-4**

**25 min TOTAL**

**5 min:**  
warm-up walk  
**15 min:**  
continuous run

**5 min:**  
cool down

**DIFFICULTY: 3**

**35 min TOTAL**

**5 min:**  
warm-up walk  
**25 min:**  
continuous run

**5 min:**  
cool down

**DIFFICULTY: 6-7**

**WEEK  
5**

**REST**



**Choose a strength training** workout from the options you can find at [fitspirit.ca/workouts](https://fitspirit.ca/workouts)

**30 min TOTAL**

**5 min:**  
warm-up walk  
**20 min:**  
40×(15 s run / 15 s walk)  
**OR**  
27×(15 s run / 30 s walk)

**5 min:**  
cool down

**DIFFICULTY: 6**

**30 min TOTAL**

**5 min:**  
warm-up walk  
**20 min:**  
continuous run

**5 min:**  
cool down

**DIFFICULTY: 2-4**

**25 min TOTAL**

**5 min:**  
warm-up walk  
**15 min:**  
continuous run

**5 min:**  
cool down

**DIFFICULTY: 2-4**

**30 min TOTAL**

**5 min:**  
warm-up walk  
**20 min:**  
continuous run

**5 min:**  
cool down


**DIFFICULTY: 3**

**40 min TOTAL**

**5 min:**  
warm-up walk  
**30 min:**  
continuous run

**5 min:**  
cool down

**DIFFICULTY: 6-7**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>WEEK 6</b></p>	<p><b>REST</b></p>	 <p><b>Choose a strength training</b> workout from the options you can find at <a href="https://fitspirit.ca/workouts">fitspirit.ca/workouts</a></p>	<p><b>25 min TOTAL</b>  <b>5 min:</b> warm-up walk  <b>10 min:</b> 50×(15 s run / 15 s walk)  <b>OR</b>                      33×(15 s run / 30 s walk)  <b>5 min:</b> cool down  <b>DIFFICULTY: 6</b></p>	<p><b>30 min TOTAL</b>  <b>5 min:</b> warm-up walk  <b>20 min:</b> continuous run  <b>5 min:</b> cool down  <b>DIFFICULTY: 2-4</b></p>	<p><b>30 min TOTAL</b>  <b>5 min:</b> warm-up walk  <b>20 min:</b> continuous run  <b>5 min:</b> cool down  <b>DIFFICULTY: 2-4</b></p>	<p><b>35 min TOTAL</b>  <b>5 min:</b> warm-up walk  <b>25 min:</b> continuous run  <b>5 min:</b> cool down  <b>DIFFICULTY: 4</b></p>	<p><b>40 min TOTAL</b>  <b>5 min:</b> warm-up walk  <b>30 min:</b> continuous run  <b>5 min:</b> cool down  <b>DIFFICULTY: 7</b></p>
<p><b>WEEK 7</b></p>	<p><b>REST</b></p>	 <p><b>Choose a strength training</b> workout from the options you can find at <a href="https://fitspirit.ca/workouts">fitspirit.ca/workouts</a></p>	<p><b>22 min TOTAL</b>  <b>5 min:</b> warm-up walk  <b>12 min:</b> 3×(3 min run / 1 min walk)  <b>OR</b>                      2×(3 min run / 2 min walk)  <b>5 min:</b> cool down  <b>DIFFICULTY: 8</b></p>	<p><b>35 min TOTAL</b>  <b>5 min:</b> warm-up walk  <b>25 min:</b> continuous run  <b>5 min:</b> cool down  <b>DIFFICULTY: 2-4</b></p>	<p><b>25 min TOTAL</b>  <b>5 min:</b> warm-up walk  <b>15 min:</b> continuous run  <b>5 min:</b> cool down  <b>DIFFICULTY: 3</b></p>	<p><b>30 min TOTAL</b>  <b>5 min:</b> warm-up walk  <b>20 min:</b> continuous run  <b>5 min:</b> cool down  <b>DIFFICULTY: 3</b></p>	<p><b>50 min TOTAL</b>  <b>5 min:</b> warm-up walk  <b>40 min:</b> continuous run  <b>5 min:</b> cool down  <b>DIFFICULTY: 7</b></p>
<p><b>WEEK 8</b></p>	<p><b>REST</b></p>	<p><b>25 min TOTAL</b>  <b>5 min:</b> warm-up walk  <b>15 min:</b> continuous run  <b>5 min:</b> cool down  <b>DIFFICULTY: 2-4</b></p>	<p><b>REST</b></p>	<p><b>IF YOU FEEL LIKE TRYING TO RUN 5 TO 10K, YOU'RE READY TO GO!</b></p> 