

Run Workout Guide

This run workout guide has been created to provide guidance in effectively structuring run workouts into a physical training regimen to improve cardiovascular fitness specific to the demands of the Pin and PREP fitness tests.

Running is a very high impact sport that places a great amount of stress on the musculoskeletal tissues (bones, ligaments, tendons) of the lower extremities. A great amount of time is required for musculoskeletal tissues to adapt to training stress in comparison to the cardiovascular system, therefore exercise caution when increasing weekly run volume. A general guide to follow when progressing run training is to avoid increasing weekly volume by > 10%.

Numerous types of run workouts are described below and a sample 8 week training plan is provided to demonstrate how workouts can be scheduled into a training plan. If you have any questions or would like a personal running program created, please contact J-D Rios at juan-desmond.rios@peelpolice.ca

Steady/Easy Runs

Intensity: Easy to Moderate (4-6/10 RPE)

Benefits: Build aerobic endurance and strengthen musculoskeletal tissues, which will improve injury resilience and improve recovery time from high intensity runs workouts. When completing these runs, the focus should be placed on intensity instead of pace or running speed. As you adapt to training, you will be able to run a faster pace at the same moderate intensity.

Example workout: 25-45 min at a steady pace where breathing should not be heavy.

High Intensity Interval Runs

Intensity: Very High (8-9/10 RPE)

Goal: Improve maximal oxygen uptake (VO₂ max), lactate threshold, and top-end running speed. These workouts improve your ability to run very fast for short durations repeatedly while accustoming to short periods of recovery. As you adapt to training, you will be able to: (1) run intervals at a faster pace, (2) increase the amount of intervals in a workout, and (3) reduce interval recovery duration.

Example Workouts:

- i) 10:00 warm-up, 6-12 x (1:00 very hard, 1:00 jog), 5:00 cool-down
- ii) 10:00 warm-up, 4-8 x (2 min very hard, 1 min jog), 5:00 cool-down
- iii) 10:00 warm-up, 4-8 x (400 m very hard, 200 m jog), 5:00 cool-down

Tempo Runs

Intensity: High (7-8/10)

Goal: Accustom your body to run at a high intensity for prolonged periods without allowing for rest or recovery breaks. This type of workout improves your ability to run at an uncomfortable pace while by delaying the onset of fatigue and maintaining a relatively high running speed.

Example Workouts:

- i) 10:00 warm-up, 15:00 tempo, 5:00 cool-down
- ii) 5:00 warm-up, 20:00 tempo, 5:00 cool-down
- iii) 10:00 warm-up, 25:00 tempo, 5:00 cool-down

Progression Runs

Intensity: Moderate to high (building from 5-9/10 RPE)

Goal: Similar to the shuttle run, start by running at an easy intensity and gradually increase pace throughout the run. The workout will be finished at a high intensity, and then followed by a cool-down period.

Example workouts:

- 5:00 warm-up, 5:00 steady, 5:00 moderate, 5:00 hard, 5:00 very hard, 5:00 cool-down
- 5:00 warm-up, 10:00 moderate, 10:00 hard, 5:00 cool-down
- 10:00 warm-up, 5:00 steady, 10:00 hard, 10:00 very hard, 5:00 cool-down

Long Run

Intensity: Moderate to difficult (5-7/10 RPE)

Benefit: Build aerobic endurance and strengthen musculoskeletal tissues. This is a more advanced workout that should only be performed if you are accustomed to running for 45 minutes in duration or greater.

Example workouts:

- 10 min warm-up, 30 min steady, 10 min easy/cool-down
- 10 min warm-up, 30 min steady, 10 min moderate, 5 min cool-down
- 10 min warm-up, 45 min steady, 5 min cool-down

Sample 8 Week Training Program

Pin Test: Week 8

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><i>Week 1</i></p> <p><u>Run</u> 25 min steady</p>	<p>Strength or circuit training</p>	<p>Rest/Mobility</p>	<p><u>Interval Run</u> 10 min warm-up 6-10 x (1:00 very hard, 1:00 jog) 5 min easy</p>	<p>Strength or circuit training</p>	<p><u>Run</u> 25 min steady</p>	<p>Rest/Mobility</p>
<p><i>Week 2</i></p> <p><u>Run</u> 25-30 min steady</p>	<p>Strength or circuit training</p>	<p>Rest/Mobility</p>	<p><u>Interval Run</u> 10 min warm-up 6-10 x (1:00 very hard, 1:00 jog) 5 min easy</p>	<p>Strength or circuit training</p>	<p><u>Run</u> 25-30 min steady</p>	<p>Rest/Mobility</p>
<p><i>Week 3</i></p> <p><u>Run</u> 25-30 min steady</p>	<p>Strength or circuit training</p>	<p>Rest/Mobility</p>	<p><u>Interval Run</u> 10 min warm-up 4-8 x (2 min very hard, 1 min jog) 5 min easy</p>	<p>Strength or circuit training</p>	<p><u>Run</u> 30-35 min steady</p>	<p>Rest/Mobility</p>
<p><i>Week 4</i></p> <p><u>Run</u> 25-30 min steady</p>	<p>Strength or circuit training</p>	<p><u>Interval Run</u> 10 min warm-up 5-6 x (1:00 hard, 1:00 jog) 5 min easy</p>	<p>Rest/Mobility Or Strength or circuit training</p>	<p>Fitness Test Re-evaluation: Shuttle Run</p>	<p><u>Run</u> 25-30 min steady</p>	<p>Rest/Mobility</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><i>Week 5</i></p> <p><u>Run</u> 30-35 min steady</p>	<p>Strength or circuit training</p>	<p><u>Tempo Run</u> 10 min warm-up 15-20 min tempo 5-10 min easy</p>	<p>Rest/Mobility</p>	<p>Strength or circuit training</p>	<p><u>Run</u> 30-35 min steady</p>	<p>Rest/Mobility</p>
<p><i>Week 6</i></p> <p><u>Run</u> 30-40 min steady</p>	<p>Strength or circuit training</p>	<p><u>Tempo Run</u> 10 min warm-up 15-20 min tempo 5-10 min easy</p>	<p>Rest/Mobility</p>	<p>Strength or circuit training and/or Run: 20-25 min steady</p>	<p><u>Progression Run</u> 5 min warm-up 5 min steady 5 min moderate 5 min hard 5 min very hard 5 min cool-down</p>	<p>Rest/Mobility</p>
<p><i>Week 7</i></p> <p><u>Run</u> 30-40 min steady</p>	<p>Strength or circuit training</p>	<p><u>Interval Run</u> 10 min warm-up 6-10 x (1:00 very hard, 1:00 jog) 5 min easy</p>	<p>Rest/Mobility</p>	<p>Strength or circuit training</p>	<p><u>Progression Run</u> 5 min warm-up 5 min steady 5 min moderate 5 min hard 5 min very hard 5 min cool-down</p>	<p>Rest/Mobility</p>
<p><i>Week 8</i></p> <p><u>Run</u> 25-30 min steady</p>	<p>Rest/Mobility or Strength/circuit training</p>	<p><u>Run</u> 20-25 min steady 2-4 x 15 sec controlled sprints at the end</p>	<p>Rest/Mobility</p>	<p>Fitness Testing: Shuttle Run</p>	<p>Rest/Mobility or Strength/circuit training</p>	<p><u>Run</u> 30-40 min steady</p>

Rate of Perceived Exertion Chart (RPE)

Exertion Rating	Description
1	very light
2	
3	easy
4	
5	moderate
6	
7	hard
8	
9	very, very hard
10	maximal effort