



Coach C's On Your Own Running Program

(PLEASE READ BELOW NOTES BEFORE STARTING)

*Please find the appropriate week in which coincides to your current running schedule and fitness level. If you have no running or limited running experience, please start at week one and make adjustments from there.

Ex; week 1's minutes for each run is too much; please take some time off each run but gradually add time back on the following week.

*If your already running and have accumulated minutes or miles on your own but want to use this Program simply plug in your minutes accordingly following the concept I laid out according to volume for the appropriate running workout.

*Runs designated Easy are just a comfortable Pace. Do not push; you should be able to hold a conversation without breathing heavy. Ease into the training. The purpose of these runs especially in the beginning is to build an aerobic base. As the base gets built other types of runs will be incorporated.

*If you do see a run labeled "steady" run it is slightly faster than easy. The physical cue that you should follow is again aimed at the ability to talk. During these types of runs an individual should be able to throw a sentence out there and then have to focus on the run. They should not be able to hold a full blown conversation.

* If you do see a run labeled "Tempo" run it is faster than steady. The physical cue that you should follow is again aimed at the ability to talk. During these types of runs an individual should not have a desire to talk and simply be able to really give one word answers or a very short quick sentence. These runs typically at a shorter distance or time than the Easy and Steady.

*If you are currently on a running program and feel confident in its ability to help you acquire a level of fitness then please continue to use it; but you should be running utilizing a well thought out program.

*When you arrive to week 4 you will notice a A(alpha group), B(bravo group), C(charlie group). "A" signifies and individual who has running experience, "B" signifies those individuals who are middle of the road and "C" those with little to no running experience. Please there is nothing wrong with starting at "C" and getting minutes on the legs to avoid injury or over-training. Please be smart.

*HIT run is high intensity sprint at a short distance, with equal or slightly longer recovery. For our purpose we will perform ours at 30 seconds hard with a 40 second recovery. These are introduced in **WEEK 4.**

*Stride = not a sprint but a nice effort focusing on form (arm swing, etc...)

*(E)=EASY, (S)=STEADY, (T)=TEMPO



*Fartlek workout = “speed play”. Changing the paces within a run workout

***AT THE VERY LEAST AS DAYS RUNNING ARE ADDED BUT YOU FIND YOUR SELF HAVING A HARD TIME GETTING THE TOTAL DAYS IN TRY AND GET THREE DAYS IN. CHOOSE A LONG EASY, A MID STEADY AND A SHORTER TEMPO.**

*The below program is voluntary and by no means mandatory. It is a program to aide in your but it is done at your own risk. As with any exercise program there is always a risk. By utilizing this program you accept the risk that comes with it and by no means can the City of Phoenix, the Phoenix Police department and all of its representatives, along with Doug Christofis can be held liable.

Week 1:

Day 1 – = 15- 20 minutes Easy (E), post run core, stretch
Day 2 = rest
Day 3 = 20-25 minutes Easy (E), post run core, stretch
Day 4 = rest
Day 5 = 20-30 minutes Easy (E), post run core, stretch
Day 6 = Rest
Day 7 = Rest

Week 2:

Day 1 = 400 meter warm up run, warm up, 25-30 minute (E), 2 x 100 meter strides, post stretch
Day 2 = Rest
Day 3 = 400 meter warm up run, warm up, 25-35 minute (E), 2 x 100 meter strides, post stretch
Day 4= Rest
Day 5 = 30 minute **cross train** (bike, swim, elliptical) or rest
Day 6 = 400 meter warm up run, warm up, 30-40 minutes (20 minutes E / 10 to 20 minutes Steady),
3 x 100 meter strides, post stretch
Day 7 = Rest

Week 3:

Day 1 = 400 meter warm up run, warm up, 25-35 minute (E), 4 x 100 meter strides, post stretch
Day 2= rest
Day 3 = 400 warm up run, warm up, 20-35 minute steady, 5 x 100 meter strides, post stretch
Day 4 = rest
Day 5 = 30 minute **cross train**
Day 6 = 400 meter warm up run, warm up, 35-45 minutes (20 minutes E / 10 to 25 minutes Steady)
5 x 100 meter strides, post stretch
Day 7 = rest



Week 4:

Day 1 = 400 meter warm up run, warm up, A=40-45 (E) B=35 (E) C=30 (E)

4 x 100 meter strides + 2 x 30 second HIT (40 second rest between sprints), post stretch

Day 2 = rest

Day 3 = 400 meter warm up run, warm up, A=40 steady B=35 steady C=30 steady

4 x 100 meter strides + 2 x 30 second HIT (40 second rest between sprints), post stretch

Day 4 = rest

Day 5 = 30 minute cross train

Day 6 = 400 meter warm up run, warm up, A=40(E) + 10(S), B=35(E) + 10(S), C=25(E) + 10(S),

5 x 100 meter strides post stretch

Day 7 = rest

“FOR THE REMAINDER INCLUDING DURING THE ACADEMY YOU WILL SIMPLY CONTINUE TO DO WEEKS 5 AND 6”

Week 5

Day 1 = 400 meter warm up run, warm up, A=45 (steady) B=40 (steady) C=30 (steady),

4 x 100 meter grass strides + 2 x 150 HIT on track (25 second rest between sprints), post stretch

Day 2 = rest

Day 3 = 400 meter warm up run, warm up,

A=10min E, 10min S, 10-15 minute T (10 to 20 sec up), 5 E = 35-40 min total

B=10min E, 10min S, 8-10min T (10 to 20 sec up), 5 E = 28-35 min total

C=10min E, 8 min S, 8-10 min T (10 to 20 sec up), 5 E =26-28 min total

4 x 30 second HIT on track (40 second rest between sprints)

post stretch

Day 4 = rest

Day 5 = 30 minute **cross train** or REST!!! (Listen to body)

Day 6 = 600 meter warm up run, warm up, A=45(E) + 10(S), B=40(E) + 10(S), C=35(E) + 10(S)

5 x 100 meter strides, post stretch

Day 7 = REST

Week 6

Monday = 400 meter warm up run, warm up,

A= 45min (22 S + 8 slow T + 8 faster T + 7 S)

B=40min (20 S + 7 slow T+ 7 faster T + 6 S)

C=30min (15 S + 5 slow T + 5 faster T + S)

4 x 30 second HIT on track (30 second rest between sprints)

post stretch

Tuesday = Rest

Wednesday = 400 meter warm up run, warm up,



Tempo workout @ park

A=15 minute S + 6 sets of 3 minutes up tempo / 1 minute recovery run between each set + 10-15min E

B=15 minute S + 5 sets of 3 minutes up tempo / 1 minute recovery run between each set + 8-12min E

C=15 minute S + 6 sets of 2 minutes up tempo / 1 minute recovery + 8-10 min E

4 x 30 second HIT (25 second rest between sprints), post stretch

Thursday = rest

Friday = 30 minute cross train or REST!!! (Listen to body)

Saturday = 400 meter warm up run, pre dynamic warm up, A=50-55 S, B=45-50 S, C=40-45 S

*in this run within the total time begin it with 12 minutes easy

6 x 100 meter strides, post stretch

Sunday – 7/3 – REST