



Base Mileage Training Program

Week 1: Base Mileage (How many Km's you run in total in a week)

Week 2: Base Mileage + (Base Mileage x 20%)

Week 3: Base Mileage + (Base Mileage x 30%)

Week 4: Base Mileage + (Base Mileage x 40%)

Week 5: Base Mileage + (Base Mileage x 50%)

Week 6: Base Mileage + (Base Mileage x 40%)

Week 7: Base Mileage + (Base Mileage x 30%)

Week 8: Base Mileage + (Base Mileage x 20%)

*Note: This program is more individualized as everyone's fitness level is different. It also allows the runner to "taper" before the race so that the runner's body is rested for race day.

Rattler Run 2017 is on Saturday, April 29!
Register at rattlerrun.ca

Running Tips

- **Winter running** - Layers are key. A toque & gloves are important.
- **Running stride** - Land on your mid foot (not on your toes or on heels).
- **Posture** - Straight up with a slight lean forward, arms always at 90 degrees, keep hands relaxed.
- **Nutrition** - Keep hydrated with water although you don't want to have too much an hour before the run. Big meals can take 3 hours to digest depending on the person and food consumed. A light snack before a 5km or 10km race is best.
- **Self-Care** – Remember to warm up, cooldown and stretch to help stay injury free.
- **Motivation** – Running with a friend and/or signing up for a race can be great inspiration to keep you going on tough run days!

Base Mileage Training Program & Running Tips provided by
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