



EPIC Canadian Double-In-A-Day Training Guide

Start Date: March 4, 2019



Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	30min * 10 x (Run 1min + Walk 2min)	OFF	30min other	30min * 10 x (Run 1min + Walk 2min)	30min other	OFF	5km run
2	30min * 10 x (Run 1min + Walk 2min)	OFF	30min other	28min * 7 x (Run 2min + Walk 2min)	30min other	OFF	5km run
3	28min * 7 x (Run 2min + Walk 2min)	OFF	30min other	28min * 7 x (Run 2min + Walk 2min)	30min other	OFF	6km run
4	30min * 6 x (Run 3min + Walk 2min)	OFF	30min other	30min * 6 x (Run 3min + Walk 2min)	30min other	OFF	6km run
5	30min * 5 x (Run 4min + Walk 2min)	OFF	30min other	30min * 5 x (Run 4min + Walk 2min)	30min other	OFF	8km run
6	30min * 5 x (Run 4min + Walk 2min)	OFF	30min other	30min * 5 x (Run 4min + Walk 2min)	30min other	OFF	8km run
7	30min * 6 x (Run 4min + Walk 1min)	OFF	30min other	30min * 6 x (Run 4min + Walk 1min)	30min other	OFF	10km run

*Other means any exercise you wish, whether it be walking, yoga, swimming, cycling, taking the day off or taking your dog for a walk.

*You can sub one of the two weekly others for a 30 minute run/walk combination of your choice.

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9	35min * 5 x (Run 6min + Walk 1min)	OFF	30min other	35min * 5 x (Run 6min + Walk 1min)	30min other	OFF	8km run
10	40min * 5 x (Run 7min + Walk 1min)	OFF	30min other	40min * 5 x (Run 7min + Walk 1min)	30min other	OFF	8km run
11	40min * 5 x (Run 7min + Walk 1min)	OFF	30min other	36min * 4 x (Run 8min + Walk 1min)	30min other	OFF	10km run
12	36min * 4 x (Run 8min + Walk 1min)	OFF	30min other	40min * 5 x (Run 7min + Walk 1min)	30min other	OFF	10km run
13	45min * 5 x (Run 8min + Walk 1min)	OFF	30min other	45min * 5 x (Run 8min + Walk 1min)	30min other	OFF	13km run
14	44min * 4 x (Run 10min + Walk 1min)	OFF	30min other	44min * 4 x (Run 10min + Walk 1min)	30min other	OFF	16km run
15	44min * 4 x (Run 10min + Walk 1min)	OFF	30min other	44min * 4 x (Run 10min + Walk 1min)	30min other	OFF	12km run

*Other means any exercise you wish, whether it be walking, yoga, swimming, cycling, taking the day off or taking your dog for a walk.

* You can sub one of the two weekly others for a 30 minute run/walk combination of your choice.

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16	44min * 4 x (Run 10min + Walk 1min)	OFF	30min other	44min * 4 x (Run 10min + Walk 1min)	30min other	OFF	16km run
17	44min * 4 x (Run 10min + Walk 1min)	OFF	30min other	44min * 4 x (Run 10min + Walk 1min)	30min other	OFF	10km run
18		RACE DAY					

*Other means any exercise you wish, whether it be walking, yoga, swimming, cycling, taking the day off or taking your dog for a walk.

* You can sub one of the two weekly others for a 30 minute run/walk combination of your choice.

\