



Welcome to the Team!

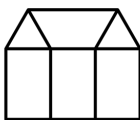
You're one of us now and we couldn't be happier! The Consonant Community is a place to learn, share and move together. At Consonant we know that great skin is about more than just great skin care, that's why our Queen Street store is a hub for all things healthy living. Whether you're training for your next big race or looking for a new way to get active, Consonant Run Club is for you. This group is a no-judgment space to get active, make friends, and find the resources to live your best life. Follow along with one of our training plans, come out to our weekly Wednesday Run Club, stay up to date with our free community events, and cross train with Consonant Sunday morning yoga classes.

This plan is flexible for your lifestyle but you will get out of it what you put in. Move the workouts around to suit your schedule but do your best to follow these tips to optimize your training:

- Try to complete two speedwork days per week when scheduled
- Do not perform two speedwork or longer run workouts two days in a row
- Take at least one day completely off per week
- Listen to your body – there is a difference between hurting and being hurt – if you're injured, stop running
- If you lack motivation, DM [@ConsonantLife](#) to join our group chat for inspiration and updates
- Need a goal? Sign up for the Scotiabank 5k on October 20 and train with us!

Resources
Consonant Community Events
Email our lead runner
Follow along on Instagram
More about Consonant

Our Natural Toronto Sponsors



Greenhouse



Consonant Run Club FAQ

How do I know how far I'm running?

The most accurate way is to use a GPS watch that connects to satellites that focus in on your exact location. If you are looking for a cheaper option, you can download a free running app to your cell phone. Strava or Nike Run are great free ones.

Where should I run in the city?

The summer is a great time to explore your area. There are tons of hidden running routes to discover. Mapmyrun.com is a great resource as it allows other runners to share their routes with the community. Another awesome tool is mappedometer.com, you can use it to plan a route and track how far it will be before you head out.

What is cross training?

In this training plan, cross training is physical activity that doesn't include running. This can include weight training, cycling, yoga, Pilates, or anything that keeps you moving happily. Come out to Consonant Sunday morning classes every week at 10am at our flagship store. There is always an awesome yoga, Pilates, eccentrics, or HITT instructor to keep things exciting!

Who is this training plan for?

If you have dabbled in running before, feel comfortable running 5-7km without stopping, and are looking to race a 10k, this is the plan for you! This is a plan to take you from "sometimes I go for a run" to #newPB.

How do I know what my "race pace" (RP) is?

If you are fairly new to running or have never participated in a race, you may not know what your "race pace" (RP) is. That's totally okay! With the combination of intuitive pacing, watch timing, and online calculators, you can determine what the most realistic and meaningful pace will be for harder runs or as a race goal. Your fast pace or race pace should be challenging, your breathing should be harder, but you want to be able to hold that pace for the whole duration of your race distance. (ie. if you are training for a 10km race, your race pace should be the fastest you can run for 10km). In training you may only be holding this pace for 2-5km at a time.

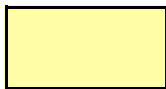
How do I use this plan?

This plan is a guideline to help keep you on track, periodize your workouts, and build you up to running a 10k race. Start by trying to cover the recommended distances and speed workouts. You can mix up which day you do what workout trying your best to alternate longer distances or speed workouts with rest/cross training days. The first 3 months are designed to get you used to running longer distances with some speedwork and the second 3 months are to help make you faster on your feet and ready to race. Each Wednesday come train with Consonant Run Club! If you have any questions or concerns please don't hesitate to reach out to our lead runner Erika via email - erika.schwass@consonant.com

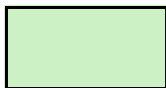
The Workout Menu



Consonant Run Club team workout - always something new in store



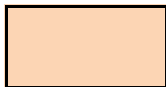
Rest Day - Low intensity movement only



Rest or Cross Training - Non-running activities



Steady State Run - Moderate but comfortable pace



Speed Work - High-intensity time or distance-based bursts

Run with us every Wednesday at 6pm from 819 Queen Street West!

APRIL 2019

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MAY 2019

JUNE 2019

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1	2	3	4
5	6	7	8 Consonant Run Club #1 Easy 4-5km Run	9 Rest	10 5km Run	11 Cross Train
12 Rest (and hang out with your Mom) Mother's Day	13 7km - Intervals 2km warmup; 4x2' on 2' off; 2km cooldown	14 Cross Training	15 Consonant Run Club #2 Easy 4-5km Run	16 Cross Training	17 4km Run	18 Rest
19 Cross Training	20 6 km - Intervals 1km warmup; 1',2',3',4',3',2',1'/1'; 1km cooldown	21 Rest	22 Consonant Run Club #3 Easy 4-5km Run	23 4km Run	24 Cross Train	25 Rest or Cross Train
26 7 km Run	27 7 km - Tempo 7km with progressing speed + 8x 30" pickups	28 Rest or Cross Train	29 Consonant Run Club #4 Dynamic Circuit Workout	30 4km - Intervals 300,400,500,600,500,400,300m/1'; 1km cooldown	31 Rest	1 5km Run

MAY 2019

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JUNE 2019

JULY 2019

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26 7 km Run	27 7 km - Tempo 7km with progressing speed + 8x 30" pickups	28 Rest or Cross Train	29 Consonant Run Club #4 Dynamic Circuit Workout	30 4km Run 300,400,500,600,500,400,300m/3'; 1km cooldown	31 Rest	1 5km Run
2 Run 8km	3 5km - Intervals 2km warmup; 5x200m/1'; 2km cooldown	4 Rest or Cross Train	5 Consonant Run Club #5 5-6km Run	6 Rest or Cross Train	7 5km - Tempo 1km warmup; 1km RP, 2km 5km pace, 1km cooldown	8 Rest
9 Run 9km	10 5km - Tempo 1km warmup; 3km RP; 1km Cooldown	11 Rest or Cross Train	12 Consonant Run Club #6 5-6km Interval Run	13 Rest or Cross Train	14 7km Run	15 Rest
16 Rest or Cross Train Father's Day	17 Run 10km	18 Cross Train	19 Consonant Run Club #7 5-6km Run	20 Rest or Cross Train	21 6km - Intervals 2km warmup; 8x2'/1'; 2km cooldown	22 Rest
23 Run 9km Last 1km build to Race Pace	24 Cross Train	25 6km - Intervals 300,400,500,600,500,400,300m/1'; 1km cooldown	26 Consonant Run Club #8 5-6km Run	27 Rest or Cross Train	28 Run 3km	29 Rest
30 Run 8km	1 Rest or Cross Train	2 Cross Train	3 Consonant Run Club #9 Dynamic Circuit Workout	4 Run 5km	5 7km - Tempo 2km Warmup; 1km RP; 1km easy, 2km RP; 1km cooldown	6 Rest

JUNE 2019

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JULY 2019

AUGUST 2019

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 Run 8km	1 Rest or Cross Train	2 Cross Train	3 Consonant Run Club #9 Dynamic Circuit Workout	4 Run 5km	5 7km - Tempo 2km Warmup; 1km race pace; 1km easy, 2km RP; 1km cooldown	6 Rest
7 Run 11km Pickup in the last 2km	8 Rest or Cross Train	9 5km - Intervals 1km warmup; 5x200m+400m/1'; 1km cooldown	10 Consonant Run Club #10 5-6km Run	11 Rest or Cross Train	12 Run 6km	13 Rest
14 Run 7km	15 Rest or Cross Train	16 Run 4km	17 Consonant Run Club #11 6-7km Tempo Run	18 Rest or Cross Train	19 4km - Intervals 2x 100,200,300,400, 400,300,200,100m/2'	20 Rest
21 Run 9km	22 6km - Tempo 1km warmup, 2km 5k pace, 1km RP, 1km cooldown	23 Rest or Cross Train	24 Consonant Run Club #12 5-6km Run	25 Rest or Cross Train	26 5km - Tempo 1km warmup; 3x 1km on 2' off; 1km cooldown	27 Rest
28 Run 6km	29 Rest or Cross Train	30 Run 4km	31 Consonant Run Club #13 6-7km Tempo Run	1 Rest or Cross train	2 Run 5km	3 Rest or Cross Train

JULY 2019

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AUGUST 2019

SEPTEMBER 2019

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 Rest or Cross Train	29 Run 5km	30 Rest or Cross Train	31 Consonant Run Club #14 Run Dynamic Circuit Workout	1 Rest	2 Run 10km	3 Run 3km
4 Rest or cross Train	5 10km - Tempo 2km warmup; 5km build; 1km RP; 2km cooldown	6 Rest or Cross Train	7 Consonant Run Club #15 5-6km Run	8 Rest	9 Run 10km	10 Rest or Cross Train
11 7km - Intervals on 1' off; 2km cooldown	12 Rest	13 Run 3km	14 Consonant Run Club #16 5-6km Tempo Run	15 Rest or Cross Train	16 Run 8km	17 Rest or Cross Train
18 6km - Tempo 2km warmup; 2km RP; 2km cooldown	19 Rest	20 Run 4km	21 Consonant Run Club #17 6-7km Run	22 Rest or Cross Train	23 10km - Intervals 3km warmup, 3x 1'/1'; 2'/1'; 3'/1', 2km cooldown	24 Rest or Cross Train
25 8km - Tempo 2km warmup; 4km RP; 2km cooldown	26 Rest	27 Run 4km	28 Consonant Run Club #18 5-6km Run	29 Rest or Cross Train	30 Run 5km - Intervals 2km warmup, 2km of 1'/1', 1km cooldown	31 Rest

AUGUST 2019

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SEPTEMBER 2019

OCTOBER 2019

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27	28	29	30	31		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Run 5km	2 7km Tempo 2km warmup; 2x 10'/3'; 2km	3 Rest or Cross Train	4 Consonant Run Club #19 Dynamic Interval Workout	5 Rest or Cross Train	6 Run 6km	7 Rest
8 Run 5km	9 Rest or Cross Train	10 8km - Intervals 2km warmup; 1',2',3',4',3',2',1'1/2'; 2km cooldown	11 Consonant Run Club #20 5-6km Run	12 Rest	13 Run 4km	14 Rest or Cross Train
15 11km - Tempo 3km warmup; 12'/3'; 10'/3'; 8'/3'; 3km cooldown	16 Run 3km	17 Rest or Cross Train	18 Consonant Run Club #21 5-6km Run	19 6km - Intervals 2km warmup; 10x1'/1'; 2km cooldown	20 Rest	21 Rest or Cross Train
22 10km - Tempo 2km warmup; 6km RP; 2km cooldown	23 Rest or Cross Train	24 Run 5km	25 Consonant Run Club #22 6-7km intervals 2'/1'	26 Rest	27 Run 6km	28 Rest or Cross Train
29 11km - Intervals 3km warmup; 6x 4'/2'; 2km cooldown	30 Rest or Cross Train	1 Run 5km	2 Consonant Run Club #23 6-7km Run	3 Rest or Cross Train	4 6km Tempo 2km warmup; 3x1km/1'; 1km cooldown	5 Rest

SEPTEMBER 2019

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OCTOBER 2019

NOVEMBER 2019

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 11km - Intervals 3km warmup; 6x 4'2'; 2km cooldown	30 Rest or Cross Train	1 Run 5km	2 Consonant Run Club #23 6-7km Run	3 Rest or Cross Train	4 6km - Tempo 2km warmup; 3x1km/1'; 1km cooldown	5 Rest
6 10km - Intervals 1km warmup; 3', 4', 5', 6', 5', 4', 3'1'; 1km cooldown	7 Rest or Cross Train	8 Run 3km	9 Consonant Run Club #25 5-6km Tempo Run	10 Rest	11 Run 7km	12 Rest or Cross Train
13 Run 6km	14 Rest or Cross Train	15 Rest	16 Consonant Run Club #26 5-6km Run	17 Rest or Cross Train	18 Run 3km - Pickups Easy run with 5 x 20-30" sprints	19 Rest
20 Race Day 5km Race	21 Rest	22 Rest or Cross Train	23 Consonant Run Club #27 Run and Fun	24 Rest or Cross Train	25 Run 4km Easy	26 Rest
27	28	29	30	31 Halloween	1	2