



WORKSHOP 01: Building Your Season

By Laura Chatham

January 15th, 2026



SUSTAIN ATHLETICS

Land Acknowledgement

As Sustain Athletics, we respectfully acknowledge that we are guests in lands upon which we live and run—wherever this is and whoever we are. Much of this land is the unceded and traditional territories of Indigenous Peoples.² We encourage our athletes to investigate their unique local history and culture.

[Skwxwú7mesh \(Squamish\), səl̓ílwətaɬ \(Tsleil-Waututh\) and Syilx Okanagan Nations](#)



Skwxwú7mesh
Úxwumixw
Squamish Nation



Tsleil-Waututh Nation
PEOPLE OF THE INLET



Today's Agenda

i. Season Overview

ii. STEP 1: Describe Your Goals

STEP 2: Find Your Rhythm | Set Your Intentions

STEP 3: Build Your Blocks

STEP 4: Repeat

iii. Activity Questions



i. Season Overview

Training Season: A period of time dedicated to physical and mental conditioning towards a specific goal.

EXAMPLE:

Winter – BASE/REST – baseline strength, rest, adventure

Spring – BASE – baseline endurance, rest, preparation

Summer – PEAK – competitive endurance, adventure

Fall – REST/BASE – rest, baseline





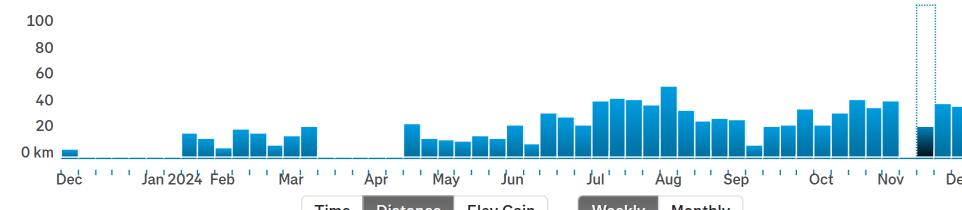
i. Season Overview



Activities for Nov 11, 2024 - Nov 17, 2024

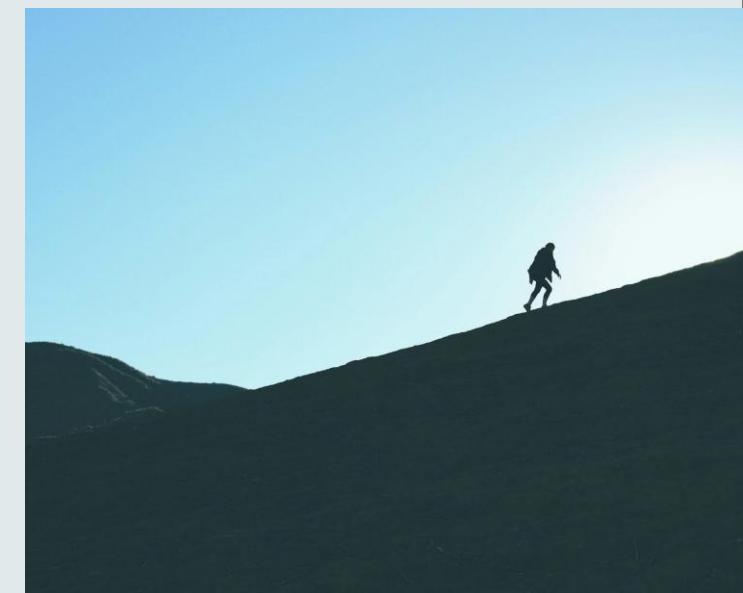
Nov 27, 2023 - Dec 2, 2024 ▾

22.4 km | 3h 19m | 61 m



ii. STEPS:

1. Describe Your Goals
2. Find Your Rhythm | Intentions
3. Built Your Blocks
4. Repeat



ii. STEP 1 – Describe Your Goals

Goal: broader, longer-term aims

Objective: shorter-term, specific, actionable tasks to achieve goals

Are Your Goals and Objectives **SMART**?

Specific
Measurable
Achievable
Relevant
Timely

Tip: Start a Journal or Logbook



ii. STEP 2 – Find Your Rhythm | Intentions

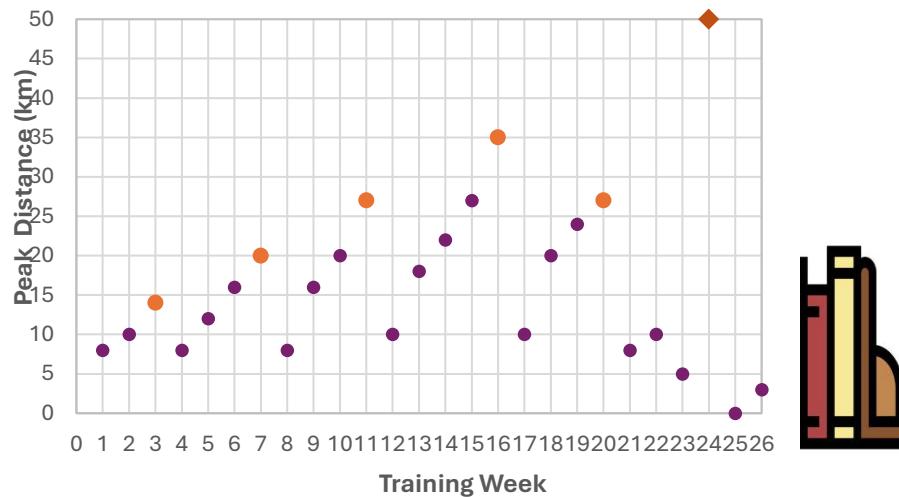
Rhythm: regular, sustainable pattern

Intentions: defining the purpose and attitude behind your actions



ii. STEP 3 – Build Your Blocks

MONTH:		WEEK: 1 2 3 4
WEEK THEME:		
KEY EVENTS:		
DISTANCE (km):		
TIME (hr):		
PACE (min/km):		
ELEVATION GAIN (m):		
TRAINING PHASE		General Prep. Specific Prep. Early Comp Competitive Recovery
TRAINING LOAD		Extreme High Med Low Recovery
ACTIVITY / SKILL DEV.	Running	LSD Power Hiking Fartlek Tempo Flat Intervals Hill Intervals X-Train REST
	Other	
FOCUS	Running	Aerobic Anaerobic Hill Climbing Speed Form Strength Power Flexibility Recovery
	Base	
Mental	Running	Rhythm Goal-Setting Nutrition Race Prep.
	Base	



“Plans are useless, but planning is indispensable.”
~ D. Eisenhower



(Courtney Deuwalter, ultrarunner)

ii. STEP 4 – Repeat

Be Patient With Yourself – It takes time to build and increase your base.



iii. Activity Questions

1. *What are you running/other goals for 2026? (distance, time, terrain)?*
2. *What do you want your season to look like? **How do you balance it all?***
3. *What intention would you set for your goal event?*
4. *What helps stabilize your schedule?*
5. *What are you most unsure/nervous about?*



Thank-You!



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