



WORKSHOP 01:

Building Your Season

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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), səl̓ilwətaʔ (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





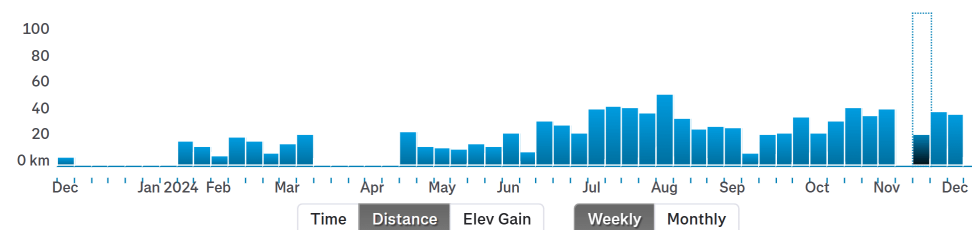
i. Season Overview



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

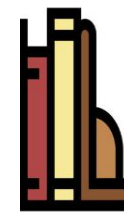
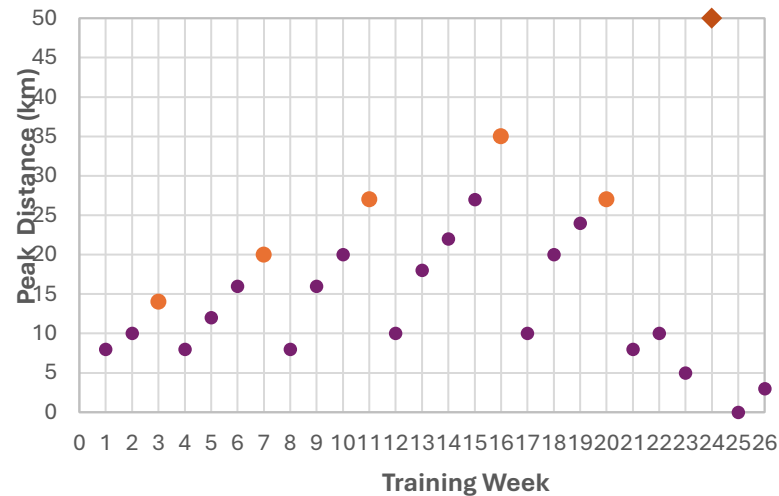


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ii. STEP 3 – Build Your Blocks

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
	Other	Hill Intervals
		X-Train
		REST
FOCUS	Running	Aerobic
		Anaerobic
		Hill Climbing
		Speed
		Form
	Base	Strength
		Power
		Flexibility
		Recovery
	Mental	Rhythm
		Goal-Setting
		Nutrition
		Race Prep.



“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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