

TRAINING PLAN

DAY	MON	TUE	WED	THU	FRI	SAT	SUN
MODE	Run	Cross-Train +ST	Run	Cross-Train +ST	Run	Run	Rest Day
INTENSITY	Easy Effort	Moderate Effort	Moderate Effort	Moderate Effort	Easy Effort	Conversational Effort	
i-RATE SCALE	6-7	7-8	7-8	7-8	6-7	6-7+	
HEART RATE	65-75%	70-75%	75-80%	70-75%	65-75%	70-75%	
WEEK 1	40 minutes	30-45 minutes	45 minutes	30-45 minutes	30-40 minutes	5 miles	Rest
WEEK 2	40 minutes	30-45 minutes	45 minutes	30-45 minutes	30-40 minutes	6 miles	Rest
WEEK 3	40 minutes	30-45 minutes	45 minutes	30-45 minutes	30-40 minutes	7 miles	Rest
WEEK 4	40 minutes	30-45 minutes	50 minutes	30-45 minutes	30 minutes	6 miles	Rest
WEEK 5	45 minutes	30-45 minutes	50 minutes	30-45 minutes	30-40 minutes	8 miles	Rest
WEEK 6	45 minutes	30-45 minutes	50 minutes	30-45 minutes	30-40 minutes	9 miles	Rest
WEEK 7	45 minutes	30-45 minutes	60 minutes	30-45 minutes	30 minutes	6 miles	Rest
WEEK 8	45 minutes	30-45 minutes	60 minutes	30-45 minutes	40 minutes	10 miles	Rest
WEEK 9	45 minutes	30-45 minutes	60 minutes	30-45 minutes	40 minutes	12 miles	Rest
WEEK 10	40 minutes	30-45 minutes	60 minutes	30-45 minutes	30 minutes	7 miles	Rest
WEEK 11	50 minutes	30-45 minutes	60 minutes	30-45 minutes	40 minutes	14 miles	Rest
WEEK 12	50 minutes	30-45 minutes	60 minutes	30-45 minutes	30 minutes	8 miles	Rest
WEEK 13	50 minutes	30-45 minutes	60 minutes	30-45 minutes	40 minutes	16 miles	Rest
WEEK 14	45 minutes	30-45 minutes	Tempo A	30-45 minutes	40 minutes	8 miles	Rest
WEEK 15	50 minutes	30-45 minutes	Tempo A	30 minutes	40 minutes	18 miles	Rest
WEEK 16	45 minutes	30-45 minutes	Tempo A	30-45 minutes	30 minutes	10 miles	Rest
WEEK 17	50 minutes	30-45 minutes	Tempo A	30 minutes	40 minutes	20 miles	Rest
WEEK 18	45 minutes	40 minutes	Tempo B	40 minutes	40 minutes	10 miles	Rest
WEEK 19	45 minutes	30 minutes	Tempo B	30 minutes	30 minutes	6 miles	Rest
WEEK 20	40 minutes	Rest	30 minutes	Rest	20-25 minutes	Rest	Race Day

DAY	MON	TUE	WED	THU	FRI	SAT	SUN
RECOVERY WEEK 1	Rest	Cross-Train 20 min	Rest	Cross-Train 30 min	Rest	4 miles	Rest
RECOVERY WEEK 2	40 minutes	Cross-Train 30 min	Rest	40 minutes	Cross-Train 30 min	5 miles	Rest
RECOVERY WEEK 3	45 minutes	Cross-Train 40 min	Rest	45 minutes	Cross-Train 40 min	6 miles	Rest
RECOVERY WEEK 4	50 minutes	Cross-Train 40 min	Rest	50 minutes	Cross-Train 40 min	7 miles	Rest

SCHEDULE KEY

Warm-up: walking 5 minutes at an easy pace prior to every run workout to gradually increase circulation to working muscles, heart and breathing rates.

Cool-down: walking 5 minutes at an easy pace after to every run workout to gradually bring heart rate and breathing back to normal levels.

Flexibility: Stretch after every workout when the muscles are warm to maintain or improve flexibility and prevent injuries.

Heart Rate: Using a heart monitor maintain a range between the prescribed percentages. . .65-75% of estimated maximum heart rate.

I-Rate: Rate of perceived exertion. Rate your level of intensity by how you feel, 1-10. 1 being at rest and 10- being an all out level. Use this system to stay in the smart training range listed on the training program (i.e. 6-7)

Cross-Training: Include activities that are non walking. Cycling, swimming, pilates/yoga, strength training, elliptical trainer; stairmaster; spinning are great cross training modes for training. Cross-training allows you to actively rest your walking muscles while training opposing muscle groups and reducing the risk of overtraining and injury. It helps speed recovery and reduces burnout.

Conversational Effort: Conversational pace should be at a slow, and comfortable-conversational pace. You should be at a pace where you can hold a conversation easily. Heart rate zone of 65-75% of maximum or I-Rate of 6-7.5. Note: heart rate will gradually climb due to fatigue and dehydration. Allow for a 5% increase and max heart rate of 75% of maximum rather than slowing pace to stay within zone.

Easy Effort: Easy to moderate pace at 65-75% of maximum heart rate or an iRate level of 6-7. A pace you could go at for along time easily.

Moderate Effort: Moderate pace at 70-80% of maximum heart rate or an iRate level of 7+. A pace where you can hear your breathing, but not breathing hard.

***Tempo "A" Workout:** Warm-up walking 5 minutes at a brisk pace. Run 10 minutes at an easy pace. Repeat 4 times: Run 5 minutes comfortably hard or Tempo pace at 80-85% heart rate or 8-8.5 on I-Rate Scale followed by 2 minutes easy paced running to recover. Cool down with 5 minutes easy paced running and 5 minutes walking.

***Tempo "B" Workout:** Warm-up walking 5 minutes at a brisk pace. Run 10 minutes at an easy pace. Repeat 2 times: Run 10 minutes comfortably hard or Tempo pace at 80-85% heart rate or 8-8.5 on I-Rate Scale followed by 2 minutes easy paced running to recover. Cool down with 5 minutes easy paced running and 5 minutes walking.

Strength-Training (ST): Strength train with machines, weights, resistance tubes/bands or classes like pilates, toning or yoga. Include strength training exercises for your upper body, core (abdominal and trunk) and lower body twice per week. This will increase the lean muscle tissue, boost metabolism at rest and prevent the dreaded muscle loss with age. The more muscle we lose, the lower our metabolism sinks. Start the Strength Training session by warming up with 10 minutes of cardio activity [i.e. cycling, elliptical trainer; or stairmaster] or strength train after walk-running. If you are new to strength training, begin with 1 set per exercise for 12-15 repetitions. The goal is to fatigue the muscle as you reach the repetition range or until you can no longer perform the exercise with good, controlled form. Stick with this program for at least 4 weeks and then progress to 2-3 sets per exercise for 8-12 repetitions. Another option for your strength workout is to take a class at your gym, pilates, yoga, work with a personal trainer; perform a machine circuit. There are many ways to include resistance training in your life, find the one you enjoy the most.