

GENERAL NOTES

Rest is mandatory gives your body time to recover and heal, this also prevents fatigue and injuries. Listen to your body! (1-2/week)

Speed work helps you to go faster and helps handle breathing load. It will be short bursts of 30 seconds or work up to 400m, (1-2 minutes faster than your goal pace), followed with 90 seconds walking recovery. Warm up easy pace for 10 minutes or 1 mile; then speed work (not race week) as described above for a total of 1/2 mile, work towards 2 miles; easy pace cool down. (once/2 weeks on day 1)

Tempo runs should be run as close as possible to your reasonable goal race pace, eg. 12 mm (minute mile) (1/week)

Long runs should be run at about 1-2 minutes slower than your goal pace/easy pace, eg. your goal pace is 12mm your long run should be 13-14mm pace (1/week)

5K

10K

13.1

Week	Day 1	Day 2 Tempo	Day 3 Long	Day 1	Day 2 Tempo	Day 3 Long	Day 1	Day 2 Tempo	Day 3 Long
1	1 Mile	1 Mile	1.5 Miles	2 Miles	2 Miles	3 Miles	3 Miles	3 Miles	3 Miles
2	1.5	1.5	2	3	3	3.5	3	3	3.5
3	1.5	2	2	3	3	4	3	3	4
4	2	1.5	2.5	3	3	4.5	3.5	3.5	5
5	2	2	2.5	3	3	4	3.5	3.5	6
6	1.5	2	2.75	3	2	5.5	3	3	7.5
7	2	2	2	3	3	4	4	4	9
8	2.5	2	5K Race	3	2	10K Race	4	4	5
9							4.5	4.5	10
10							4.5	4.5	11
11							5	5	12
12							3	3	6
13							3	3	13.1 Race

This generic training schedule is a good general guideline for most. Use common sense, if you can't do the mileage at your goal pace go slower or if your heart rate is too high walk and hydrate before during and after runs, fuel responsibly.

Use at your own risk.

GENERAL NOTES RUNNING

Rest is mandatory gives your body time to recover and heal, this also prevents fatigue and injuries.

Listen to your body! (1-2/week)

Speed work helps you to go faster and helps handle breathing load. It will be short bursts of 30 seconds or work up to 400m, (1-2 minutes faster than your goal pace), followed with 90 seconds walking recovery. Warm up easy pace for 10 minutes or 1 mile; then speed work (not race week) as described above for a total of ½ mile, work towards 2 miles; easy pace cool down. (once/2 weeks on day 1)

Tempo runs should be run as close as possible to your reasonable goal race pace, eg. 12 mm (minute mile) (1/week)

Long runs should be run at about 1-2 minutes slower than your goal pace/easy pace, eg. your goal pace is 12mm your long run should be 13-14mm pace (1/week)

GENERAL NOTES CROSS TRAINING

Cross training, include 30-60 minutes moderate non-running activities like Yoga, Bike, Swim, Walk, Strength training and so much more. (1/week)

Strength training, should include upper, lower and core (full body) to strengthen the cardiovascular system and the muscles used during running, enabling you to go longer or faster respectively. Online program recommendation

Time Saver Circuit:

Warm up, Run 3 mins @ easy,
Run 5 mins @ tempo, then 20 pushups
Run 4 mins @ tempo, then 20 crunches
Run 3 mins @ tempo, 10 walking lunges
Run 2 mins @ tempo, then 20 squats
Run 3 mins @ easy, cool down

Strength Circuit, repeat 1-3 times

Warm up with easy stretching

Upper Body	Lower Body
15 Push Ups	15 Glute Bridge wgt
20 Biceps Curls	20 Walking Lunges
15 DB Dead Lifts	20 Squat to Calf
	raise
15 Tricep Dips	or Jump Squats

Core

20 Sit Ups	30 Bicycle Crunches
20 Leg Lifts	10 Burpees