

Date	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Sept 1-7	strength and condition	20 minutes easy run/walk	cross train	1-1.5 miles pace	cross train	10-30 minutes easy run/walk	rest or yoga
Sept 8-14	strength and condition	20-30 minutes easy run/walk	cross train	1.5-2 miles speed	cross train	15 -30 minutes easy run/walk	rest or yoga
Sept 15-21	strength and condition	20-30 minutes easy run/walk	cross train	2 miles tempo	cross train	20-30 minutes easy run/walk	rest or yoga
Sept 22-28	strength and condition	25-30 minutes easy run/walk	cross train	2.5 miles speed	cross train	25-30 minutes easy run/walk	rest or yoga
Sept 29-Oct 5	strength and condition	30 minutes easy run/walk	cross train	2.5 miles tempo	cross train	30 minutes easy run/walk	rest or yoga
Oct 6-12	strength and condition	30 minutes easy run/walk	cross train	3 miles speed	cross train	40 minutes easy run/walk	rest or yoga
Oct 13-19	strength and condition	30 minutes easy run/walk	cross train	3 miles tempo	cross train	45 minutes easy run/walk	rest or yoga
Oct 20-26	strength and condition	30 minutes easy run/walk	cross train	2 miles speed	cross train	40 minutes easy run/walk	rest or yoga
Oct 27- Nov 2	strength and condition	20 minutes easy run/walk	cross train	easy run/walk	rest	Sandy's Donut Race!	

Warming up and cooling down are essential to the health of our bodies every time we run and we will teach you proper technique.

Do as little or as much of the training program as you can or wish to do. Running becomes easier and more fun if you try to run 3 to 5 times a week. If you are new to running, a good way to start is by running for a minute and alternating with walking for a minute. Increase the amount of time you run while decreasing walk periods until you are running the whole time. Nutrition is important to give our bodies the correct fuel it needs for energy during our running. Eating protein within 30 to 60 minutes of running is ideal. Drink plenty of water throughout the day and after running.

Easy run- a pace you can sustain while singing a song or talking to someone

Speed workout and tempo runs are harder workouts. We will do those and with supervision from practiced coaches.

Tempo run is a little bit faster paced run and speed workouts are shorter bursts of faster running.

Strength and condition workouts are very helpful to keep our bodies balanced and avoid injury.

Many runners find yoga helpful to maintain flexibility.