

Advanced Beginner Training Plan

This plan assumes that you can walk for 30 minutes without stopping. Start all workouts with a 5-minute warm up walk and end with a 5 minute cooldown walk. Workouts are in minutes, so Run 1 Walk 1 means Run 1 minute, Walk one minute. These should be done at a pace where you can carry on a conversation. If you find yourself gasping for breath, slow down. The biggest mistake new runners make is trying to go too fast.

Free days are YOURS. Do what feels right to you. Go for another walk or run/walk, do some hiking, biking, or swimming, go to yoga or Pilates, do a strength session, or just take some extra rest.

Group runs will be held on Sundays at 8am and Wednesdays at 6pm at various locations around town. Locations will be posted to the group once training starts and you will receive reminders each Monday along with helpful tips and motivation!

Week	Date	Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	4/22-4/28	Run 1, Walk 1 x 10 = 20 min	20 min walk	Rest	Run 1, Walk 1x 10 = 20 min	Free Day	Run 1, Walk 1 x 10 = 20 min	Rest
2	4/29-5/5	Run 2, Walk 3 x 4 = 20 min	20 min walk	Rest	Run 2, Walk 3 x 3 = 15 min	Free Day	Run 2, Walk 3 x 3 = 15 min	Rest
3	5/6-5/12	Run 3, walk 3 x 4 =24 min	25 min walk	Rest	Run 3, walk 3 x 3 = 15 min	Free Day	Run 3, walk 3 x 3 = 15 min	Rest
4	5/13-5/19	Run 5, walk 3 x 3 = 24 min	25 min walk	Rest	Run 5, walk 3 x 2 = 16 min	Free Day	Run 5, walk 3 x 2 = 16 min	Rest
5	5/20-5/26	Run 7, walk 2 x 3 = 18 min	30 min walk	Rest	Run 7, walk 2 x 3 = 18 min	Free Day	Run 7, walk 2 x 3 = 18 min	Rest
6	5/27-6/6	Run 8, walk 2 x 2 = 20 min	30 min walk	Rest	Run 8, walk 2 x 2 = 20 min	Free Day	Run 8, walk 2 x 2 = 20 min	Rest
7	6/3-6/9	Run 10, walk 2 x 2 = 24 min	35 min walk	Rest	Run 10, walk 2 x 2 = 24 min	Free Day	Run 10, walk 2 x 2 = 24 min	Rest
8	6/10-6/16	Run 12, walk 2 x 2 = 28 min	35 min walk	Rest	Run 12, walk 2 x 2= 28 min	Free Day	Run 12, walk 2 x 2 = 28 min	Rest
9	6/17-6/23	Run 14, walk 2 x 2 = 32 min	40 min walk	Rest	Run 14, walk 2 x 2 = 32 min	Free Day	Run 14, walk 1 x 2 = 30 min	Rest
10	6/24-6/30	Run 15, walk 1 x 2 = 32 min	40 min walk	Rest	Run 18, walk 1 x 2 = 38 min	Run 20, walk 1 x 2 = 42 min	Rest	Run 17, Walk 1 x 2 = 36
11	7/1-7/4	Run 15, walk 1 x 2 = 32 min	Rest	Rest or Walk 10-15 min or ★ Run/Walk 1 ★ min/1min	Race Day!  July 4th			