

Pre-Training for Experienced Runners



Week	Dates	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Sep 20 to Sep 26	3 miles Easy	Strength and Core	4 miles Easy	3 miles Hard	Cross Training	30 min Long	Rest
2	Sep 27 to Oct 3	3 miles Easy	Strength and Core	4 miles Easy	3 miles Hard	Cross Training	30 min Long	Rest
3	Oct 4 to Oct 10	3 miles Easy	Strength and Core	4 miles Easy	3 miles Hard	Cross Training	35 min Long	Rest
4	Oct 11 to Oct 17	3 miles Easy	Strength and Core	4 miles Easy	4 miles Hard	Cross Training	40 min Long	Rest
5	Oct 18 to Oct 24	3 miles Easy	Strength and Core	5 miles Easy	4 miles Hard	Cross Training	50 min Long	Rest
6	Oct 25 to Oct 31	3 miles Easy	Strength and Core	5 miles Easy	4 miles Hard	Cross Training	55 min Long	Rest
7	Nov 1 to Nov 7	3 miles Easy	Strength and Core	6 miles Easy	5 miles Hard	Cross Training	60 min Long	Rest
8	Nov 8 to Nov 14	3 miles Easy	Strength and Core	3 miles Easy	5 miles Hard	Cross Training	Run a 5K 3.1 miles	Rest

Easy - These days are exactly what they say they are. They should be done at a comfortable, conversational pace. If you find yourself running so hard that it's impossible to talk, you are running too fast.

Hard - These are days to push yourself. You can do a tempo run by pushing yourself at a faster pace than usual or find a hilly route to give yourself more of a challenge. You could also do a fartlek run (alternating running 5 minutes fast, 5 minutes slow).

Long - These runs are for building up endurance. Don't worry about your speed, just focus on running a nice, steady pace.

Cross Training - This is a chance to do a non-running aerobic exercise, such as swimming, biking, or any other moderately intense workout. The point is to continue improving your fitness while giving your "running" muscles a rest.



ING Miami Marathon

For more information, check out www.teamworldvision.org/training