

# Base Training for Experienced Runners



Week	Dates	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	May 2 to May 8	<b>3 miles</b> Easy	Strength and Core	<b>4 miles</b> Easy	<b>3 miles</b> Hard	Cross Training	<b>30 min</b> Long	Rest
2	May 9 to May 15	<b>3 miles</b> Easy	Strength and Core	<b>4 miles</b> Easy	<b>3 miles</b> Hard	Cross Training	<b>30 min</b> Long	Rest
3	May 16 to May 22	<b>3 miles</b> Easy	Strength and Core	<b>4 miles</b> Easy	<b>3 miles</b> Hard	Cross Training	<b>35 min</b> Long	Rest
4	May 23 to May 29	<b>3 miles</b> Easy	Strength and Core	<b>4 miles</b> Easy	<b>4 miles</b> Hard	Cross Training	<b>40 min</b> Long	Rest
5	May 30 to Jun 5	<b>3 miles</b> Easy	Strength and Core	<b>5 miles</b> Easy	<b>4 miles</b> Hard	Cross Training	<b>50 min</b> Long	Rest
6	Jun 6 to Jun 12	<b>3 miles</b> Easy	Strength and Core	<b>5 miles</b> Easy	<b>4 miles</b> Hard	Cross Training	<b>55 min</b> Long	Rest
7	Jun 13 to Jun 19	<b>3 miles</b> Easy	Strength and Core	<b>6 miles</b> Easy	<b>5 miles</b> Hard	Cross Training	<b>60 min</b> Long	Rest
8	Jun 20 to Jun 26	<b>3 miles</b> Easy	Strength and Core	<b>3 miles</b> Easy	<b>5 miles</b> Hard	Cross Training	<b>Run a 5K</b> 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.

