

Base Training for Experienced Runners



Week	Dates	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	April 4 to April 10	3 miles Easy	Strength and Core	4 miles Easy	3 miles Hard	Cross Training	30 min Long	Rest
2	April 11 to April 17	3 miles Easy	Strength and Core	4 miles Easy	3 miles Hard	Cross Training	30 min Long	Rest
3	Apr 18 to Apr 24	3 miles Easy	Strength and Core	4 miles Easy	3 miles Hard	Cross Training	35 min Long	Rest
4	Apr 25 to May 1	3 miles Easy	Strength and Core	4 miles Easy	4 miles Hard	Cross Training	40 min Long	Rest
5	May 2 to May 8	3 miles Easy	Strength and Core	5 miles Easy	4 miles Hard	Cross Training	50 min Long	Rest
6	May 9 to May 15	3 miles Easy	Strength and Core	5 miles Easy	4 miles Hard	Cross Training	55 min Long	Rest
7	May 16 to May 22	3 miles Easy	Strength and Core	6 miles Easy	5 miles Hard	Cross Training	60 min Long	Rest
8	May 23 to May 29	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.