

# Base Training for Experienced Runners



| Week | Dates            | Monday                 | Tuesday           | Wednesday              | Thursday               | Friday         | Saturday                     | Sunday |
|------|------------------|------------------------|-------------------|------------------------|------------------------|----------------|------------------------------|--------|
| 1    | Feb 21 to Feb 27 | <b>3 miles</b><br>Easy | Strength and Core | <b>4 miles</b><br>Easy | <b>3 miles</b><br>Hard | Cross Training | <b>35 min</b><br>Long        | Rest   |
| 2    | Feb 28 to Mar 6  | <b>3 miles</b><br>Easy | Strength and Core | <b>4 miles</b><br>Easy | <b>4 miles</b><br>Hard | Cross Training | <b>40 min</b><br>Long        | Rest   |
| 3    | Mar 7 to Mar 13  | <b>3 miles</b><br>Easy | Strength and Core | <b>5 miles</b><br>Easy | <b>4 miles</b><br>Hard | Cross Training | <b>45 min</b><br>Long        | Rest   |
| 4    | Mar 14 to Mar 20 | <b>3 miles</b><br>Easy | Strength and Core | <b>5 miles</b><br>Easy | <b>4 miles</b><br>Hard | Cross Training | <b>50 min</b><br>Long        | Rest   |
| 5    | Mar 21 to Mar 27 | <b>3 miles</b><br>Easy | Strength and Core | <b>6 miles</b><br>Easy | <b>5 miles</b><br>Hard | Cross Training | <b>60 min</b><br>Long        | Rest   |
| 6    | Mar 28 to Apr 3  | <b>3 miles</b><br>Easy | Strength and Core | <b>3 miles</b><br>Easy | <b>5 miles</b><br>Hard | Cross Training | <b>Run a 5K</b><br>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.