

# Base Training for Experienced Runners



Week	Dates	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Aug 1 to Aug 7	<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
2	Aug 8 to Aug 14	<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
3	Aug 15 to Aug 21	<b>3 miles</b> Easy	Strength and Core	<b>5 miles</b> Easy	<b>4 miles</b> Hard	Cross Training	<b>45 min</b> Long	Rest
4	Aug 22 to Aug 28	<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
5	Aug 29 to Sep 4	<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
6	Sep 5 to Sep 11	<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.

White Rock Half 2011

For more information, check out [www.teamworldvision.org/training](http://www.teamworldvision.org/training)