

# New Runner Interval Schedule

Thurs Group	<i>run</i>	total	warm	<i>running minutes are in italicized bold</i>																		<i>run</i>	total		
Run Dates	<i>time</i>	time	up	walking minutes are in normal print																		<i>time</i>	time		
10-Sep	<b>10</b>	38	5	<b>1</b>	2	<b>1</b>	2	<b>1</b>	2	<b>1</b>	2	<b>1</b>	2	<b>1</b>	2	<b>1</b>	2	<b>1</b>	2	<b>1</b>	2	<b>1</b>	5	<b>10</b>	38
17-Sep	<b>13</b>	41	5	<b>1</b>	2	<b>1</b>	2	<b>2</b>	2	<b>1</b>	2	<b>2</b>	2	<b>1</b>	2	<b>2</b>	2	<b>1</b>	2	<b>1</b>	2	<b>1</b>	5	<b>13</b>	41
24-Sep	<b>16</b>	43	5	<b>1</b>	2	<b>2</b>	2	<b>2</b>	2	<b>3</b>	2	<b>2</b>	2	<b>2</b>	2	<b>2</b>	5	<b>2</b>	5					<b>16</b>	43
1-Oct	<b>17</b>	44	5	<b>1</b>	2	<b>2</b>	2	<b>3</b>	2	<b>2</b>	2	<b>3</b>	2	<b>2</b>	2	<b>2</b>	5	<b>2</b>	5					<b>17</b>	44
8-Oct	<b>19</b>	44	5	<b>2</b>	2	<b>3</b>	2	<b>3</b>	2	<b>3</b>	2	<b>3</b>	2	<b>3</b>	5	<b>2</b>	5							<b>19</b>	44
15-Oct	<b>22</b>	42	5	<b>3</b>	2	<b>4</b>	2	<b>4</b>	2	<b>4</b>	2	<b>4</b>	2	<b>3</b>	5									<b>22</b>	42
22-Oct	<b>28</b>	48	5	<b>4</b>	2	<b>5</b>	2	<b>5</b>	2	<b>5</b>	2	<b>5</b>	2	<b>4</b>	5									<b>28</b>	48
29-Oct	<b>36</b>	56	5	<b>5</b>	2	<b>6</b>	2	<b>7</b>	2	<b>6</b>	2	<b>7</b>	2	<b>5</b>	5	Big Ben!!!	<b>36</b>	56							
5-Nov	<b>40</b>	60	5	<b>6</b>	2	<b>7</b>	2	<b>7</b>	2	<b>7</b>	2	<b>7</b>	2	<b>6</b>	5		<b>40</b>	60							
12-Nov	<b>47</b>	65	5	<b>7</b>	2	<b>10</b>	2	<b>10</b>	2	<b>10</b>	2	<b>10</b>	5										<b>47</b>	65	
19-Nov	<b>47</b>	66	5	<b>11</b>	3	<b>12</b>	3	<b>12</b>	3	<b>12</b>	5												<b>47</b>	66	
26-Nov	<b>47</b>	66	5	<b>11</b>	3	<b>12</b>	3	<b>12</b>	3	<b>12</b>	5	Thanksgiving	<b>47</b>	66											
3-Dec	<b>45</b>	60	5	<b>15</b>	3	<b>15</b>	3	<b>15</b>	4														<b>45</b>	60	
10-Dec	<b>50</b>	65	5	<b>25</b>	5	<b>25</b>	5																<b>50</b>	65	
17-Dec	<b>60</b>	70	5	<b>30</b>	5	<b>30</b>																	<b>60</b>	70	
24-Dec	<b>60</b>	70	5	<b>30</b>	5	<b>30</b>	ASL Winter Break - starts 18 Dec	<b>60</b>	70																
31-Dec	<b>60</b>	70	5	<b>30</b>	5	<b>30</b>	Winter Break - ASL starts again Mon 4 Jan	<b>60</b>	70																
7-Jan	<b>60</b>	70	5	<b>30</b>	5	<b>30</b>																	<b>60</b>	70	
14-Jan	<b>60</b>	70	5	<b>60</b>	5																		<b>60</b>	70	
21-Jan	<b>60</b>	70	5	<b>60</b>	5																		<b>60</b>	70	
28-Jan	<b>70</b>	80	5	<b>70</b>	5																		<b>70</b>	80	
4-Feb	<b>80</b>	90	5	<b>80</b>	5																		<b>80</b>	90	
11-Feb	<b>90</b>	100	5	<b>90</b>	5																		<b>90</b>	100	
18-Feb	<b>60</b>	70	5	<b>60</b>	5	ASL February Break	<b>60</b>	70																	
25-Feb	<b>100</b>	110	5	<b>100</b>	5																		<b>100</b>	110	
3-Mar	<b>110</b>	120	5	<b>110</b>	5																		<b>110</b>	120	
10-Mar	<b>60</b>	70	5	<b>60</b>	5																		<b>60</b>	70	
17-Mar	<b>110</b>	120	5	<b>110</b>	5																		<b>110</b>	120	
24-Mar	<b>120</b>	130	5	<b>120</b>	5																		<b>120</b>	130	
31-Mar	<b>60</b>	70	5	<b>60</b>	5	ASL Spring Break	<b>60</b>	70																	
7-Apr	<b>100</b>	110	5	<b>100</b>	5																		<b>100</b>	110	
14-Apr	<b>135</b>	145	5	<b>135</b>	5																		<b>135</b>	145	
21-Apr	<b>45</b>	55	5	<b>45</b>	5																		<b>45</b>	55	

**Half Marathon - the weekend of 23-24 April 2016**

# New Runner Training Program

	Thursday long run	Weekend short run	Following Tuesday med run	
10-Sep	10/38	10/38	10/38	<p>For the first seven weeks, try to run two times a week. We'll run together on Thursday mornings, then you should repeat what we did on the following Tuesday (as a group if possible - without us). If you are eager to "get going", then add a workout on the weekend. If you are quite active already, feel free to repeat the same run again on the weekend. If you are new to impact sports, then don't run on the weekend but feel free to do a very, very brisk walk of the same total minutes (for example - 38 minutes for week one). There is nothing wrong with not working out on the weekend for the first 7 weeks of the program. If you are worried about "burning out", then just run twice a week until November when we'll add a 3rd weekly run. Always remember to jog SLOWLY. You should be able to talk comfortably while you are jogging.</p>
17-Sep	13/41	13/41	13/41	
24-Sep	16/43	16/43	16/43	
1-Oct	17/44	17/44	17/44	
8-Oct	19/44	19/44	19/44	
15-Oct	22/42	22/42	28/48	
22-Oct	28/48	28/48	36/56	
29-Oct	36/56	30/40	36/56	<p>For the next eight weeks, we will continue with the long run as a group on Thursdays. At this point, it is important that you are repeating this long run sometime before the following Thursday (ideally as a group on Tuesday mornings). If you are doing a weekend run, it should now become shorter than what we are doing on Thursdays. That short run should be 30 minutes of jogging time out of 40-45 minutes total time (something like 7.5 min jog followed by 2 min walk break repeated 4 times would work or three 10 min jogs separated by 2 min walk breaks). If you have been walking on the weekends as a 3rd workout, you could consider changing that walk into the short run. If you have not been doing a weekend workout, it's time to consider adding in a walking workout or a short jog.</p>
5-Nov	40/60	30/40	40/60	
12-Nov	38/54	30/40	38/54	
19-Nov	47/63	30/40	47/63	
26-Nov	45/60	30/40	45/60	
3-Dec	45/60	30/40	45/60	
10-Dec	50/65	30/40	50/65	
17-Dec	60/70	30/40	60/70	
24-Dec	60/70	30/40	60/70	<p>From now until the race, run three times each week if possible - one run will be the long run we do together on Thursdays, one run should be a medium distance run of about 45 minutes with no walking breaks and one will be a 35 min run without walking breaks. We will sort out runs over the holiday season - no worries! This program will be adjusted as we go to accommodate any scheduling issues, injuries, travel, etc. Just let us know what your needs/concerns/worries are, and we'll figure out what will work for you. Throughout the program we do not concentrate on pace except that we keep the speed very slow. This is key for success in learning how to run long distances. If you are frustrated with the slow pace of the beginner group, let us know. You are always welcome to jump up to join our next level of runners.</p>
31-Dec	60/70	30/40	60/70	
7-Jan	60	35	45	
14-Jan	60	35	45	
21-Jan	60	35	45	
28-Jan	70	35	45	
4-Feb	80	35	45	
11-Feb	90	35	45	
18-Feb	60	35	45	
25-Feb	100	35	60	
3-Mar	110	35	60	
10-Mar	60	35	45	
17-Mar	110	35	60	
24-Mar	120	35	60	
31-Mar	60	35	45	
7-Apr	100	35	60	
14-Apr	135	35	60	
21-Apr	45	RACE DAY!		

***You CAN do this!!!***