

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			
31-Aug	10	38	5	1	2	1	2	1	2	1	2	1	2	1	2	1	2	1	2	1	2	1	5	10	38	
7-Sep	13	41	5	1	2	1	2	2	2	1	2	2	2	1	2	2	2	1	2	1	2	1	5	13	41	
14-Sep	16	40	5	1	2	2	2	2	2	3	2	2	2	2	2	2	2	2	5					16	40	
21-Sep	17	41	5	1	2	2	2	3	2	2	2	3	2	2	2	2	2	2	5					17	41	
28-Sep	19	41	5	2	2	3	2	3	2	3	2	3	2	3	2	2	5							19	41	
5-Oct	22	42	5	3	2	4	2	4	2	4	2	4	2	3	5									22	42	
12-Oct	28	48	5	4	2	5	2	5	2	5	2	5	2	4	5									28	48	
19-Oct	36	56	5	5	2	6	2	7	2	6	2	7	2	5	5									36	56	
26-Oct	40	60	5	6	2	7	2	7	2	7	2	7	2	6	5	Big Ben!!!									40	60
2-Nov	38	54	5	8	2	10	2	10	2	10	5													38	54	
9-Nov	47	63	5	11	2	12	2	12	2	12	5													47	63	
16-Nov	45	60	5	15	3	15	3	15	4															45	60	
23-Nov	45	60	5	15	3	15	3	15	4	Thanksgiving										45	60					
30-Nov	50	65	5	25	5	25	5																	50	65	
7-Dec	60	70	5	30	5	30																		60	70	
14-Dec	60	70	5	60	5																			60	70	
21-Dec	60	70	5	60	5	ASL Winter Break - starts 16 Dec										60	70									
28-Dec	60	70	5	60	5	Winter Break - ASL starts again Wed, 3 Jan										60	70									
4-Jan	60	70	5	60	5																			60	70	
11-Jan	70	80	5	70	5																			70	80	
18-Jan	80	90	5	80	5																			80	90	
25-Jan	90	100	5	90	5																			90	100	
1-Feb	60	70	5	60	5																			60	70	
8-Feb	100	110	5	100	5																			100	110	
15-Feb	110	115	0	110	5																			110	115	
22-Feb	60	65	0	60	5	February Break										60	65									
1-Mar	120	125	0	120	5																			120	125	
8-Mar	130	135	0	130	5																			130	135	
15-Mar	45	50	0	45	5																			45	50	

Half Marathon -18 March 2018

New Runner Training Program

	Thursday long run	Weekend short run	Following Tuesday med run	
31-Aug	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 me). 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 sport, 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>
7-Sep	13/41	13/41	13/41	
14-Sep	16/43	16/43	16/43	
21-Sep	17/44	17/44	17/44	
28-Sep	19/44	19/44	19/44	
5-Oct	22/42	22/42	28/48	
12-Oct	28/48	28/48	36/56	
19-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>
26-Oct	40/60	30/40	40/60	
2-Nov	38/54	30/40	38/54	
9-Nov	47/63	30/40	47/63	
16-Nov	45/60	30/40	45/60	
23-Nov	45/60	30/40	45/60	
30-Nov	50/65	30/40	50/65	
7-Dec	60/70	30/40	60/70	
14-Dec	60	35	45	<p>From now through March, 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 me know what your needs/concerns/worries are and we'll figure out what will work for you.</p> <p>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 me know. You are always welcome to jump up to join our next level of runners.</p>
21-Dec	60	35	45	
28-Dec	60	35	45	
4-Jan	60	35	45	
11-Jan	70	35	45	
18-Jan	80	35	45	
25-Jan	90	35	60	
1-Feb	60	35	60	
8-Feb	100	35	45	
15-Feb	110	35	45	
22-Feb	60	35	60	
1-Mar	120	35	60	
8-Mar	130	35	45	
15-Mar	45	35	60	
0-Jan	0	35	60	

You CAN do this!!!