



# TRAINING PLAN BEGINNER

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	TOTAL
<b>1</b>	3 EASY	3 OR OFF	5 EASY	OFF	4 HILLY	5 EASY	OFF	15 - 18
<b>2</b>	3 EASY	3 OR OFF	3 EASY	OFF	4 HILLY	5 - 6 EASY	OFF	15 - 19
<b>3</b>	3 EASY	3 OR OFF	3 EVENING	4 HILLY MORNING	OFF	6 - 7 EASY	OFF	16 - 20
<b>4</b>	3 EASY	3 OR OFF	2 MORNING 3 EVENING	4 HILLY MORNING	OFF	6 - 8 EASY	OFF	18 - 23
<b>5</b>	3 EASY	3 OR OFF	2 MORNING 3 EVENING	5 HILLY MORNING	OFF	7 - 9 EASY	OFF	20 - 25
<b>6</b>	3 EASY	3 OR OFF	3 MORNING 3 EVENING	5 HILLY MORNING	OFF	7 - 9	OFF	20 - 25
<b>7</b>	3 EASY	3 OR OFF	3 MORNING 3 EVENING	5 HILLY MORNING	OFF	8 - 10	OFF	22 - 27
<b>8</b>	3 EASY	3 OR OFF	3 EASY	4 HILLY	OFF	5 - 6	OFF	15 - 19
<b>9</b>	3 EASY	3 EASY OR OFF	OFF	3 EASY	OFF	<b>RACE DAY</b>	<b>OFF, EAT &amp; ICE!</b>	

Special thanks to Ann Ringlein of the Lincoln Running Company

What is important at the beginner level is to get in the miles. You don't need to run as fast as you think you should, but you need to run more often than you think you should! Consistency is the key here. Midway through the schedule, you'll notice that you will be running twice a day, then again the next morning which is to get your body used to performing close intervals. This is called training specificity. One very important element for an event like this is nutrition. Fueling yourself after that first morning run will set you up well for the remaining other 2 or 3 runs. Immediately after the first run fuel yourself with some good carbohydrates and a bit of protein and the next 2 runs will go better. Tapering the last two weeks is also crucial. Even if you haven't gotten in all the miles you will still need to back off the last two weeks. At this point in training, there is nothing more you can do to help, but adding more stress could definitely hurt you! Doing a hilly route on the second day in the morning, and then again the day after a long run is just to add a bit more of a challenge and will likely encounter hills during the course.