

Dick Batchelor Run for the Children

5K BEGINNING RUNNING PROGRAM

Week of August 16th

- 2 days, 20-30 minutes brisk walking or easy jogging
- 1 day, 40 minute brisk walk or easy jog

Week of August 23rd

- 2 days, 25-35 min. brisk walk or easy jog
- 1 day of interval training: 5 min. warm up jog. 2 min. hard followed by 3 min. easy—repeat cycle 4 times, 5 min. jog cool down

Week of August 30th

- 2 days, 25-35 min. brisk walk or easy jog
- 1 day, 40 min. brisk walk or easy jog
- 1 day of interval training—same workout as week #2

Week of September 6th

- 2 days, 25-35 min. of easy running
- 1 day, 42 min. brisk walk or easy jog
- 1 day of tempo training: 10 min. easy/10 min. harder than normal ("tempo" pace)/10 min. easy

Week of September 13th

- 2 days, 25-35 min. of easy running
- 1 day, 44 min. brisk walk or easy jog
- 1 day of interval training: 5 min. warm up, 3 min. hard, 4 min. easy—repeat cycle 4 times, 5 min. cool down

Week of September 20th

- 3 days, 25-35 min. of easy running
- 1 day, 46 min. brisk walk or easy jog
- 1 day of tempo training: 10 min. easy/15 min. "tempo" pace/10 min. easy

Participating in The Miracle Miles
would be a great way to train!
Saturday, September 26th

Week of September 27th

- 3 days, 25-35 min. of easy running
- 1 day, 48 min. brisk walk or easy jog
- 1 day of interval training: 5 min. warm up, 5 min. hard, 4 min. easy—repeat cycle 4 times, 5 min. cool down

Week of October 4th

- 3 days, 25-35 min. of easy running
- 1 day, 50 min. brisk walk or easy jog
- 1 day of tempo training: 10 min. easy/20 min. "tempo" pace/10 min. easy

Week of October 11th

- 3 days, 25-35 min. of easy running
- NO LONG WORKOUT!
- 1 day of interval training: 5 min. warm up, 2 min. hard, 3 min. easy—repeat cycle 5 times, 5 min. cool down

Week of October 18th

- 2 days, 25-35 min. of easy running
 - 1 day of interval training (early in the week): 5 min. warm up, 1 min. hard, 1 min. easy—repeat cycle 8 times, 5 min. cool down
- Day before race: 10-15 minutes of brisk walking/easy jogging. Stretch, hydrate & eat well.
That's it! (rest week to taper for the race)

OCTOBER 24TH

DICK BATCHELOR RUN FOR THE CHILDREN!!

Always remember to warm up, cool down, and stretch.
GOOD LUCK!



Wellness Center