



## Sport Specific Training Services

### Beginner 10k Training Program

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
01	15 min	Rest	20 min	15 min	Rest or Cross T	20 min	Rest or Cross T
02	15 min	Rest	20 min	15 min	Rest or Cross T	25 min	Rest or Cross T
03	15 min	Rest	25 min	15 min	Rest or Cross T	30 min	Rest or Cross T
04	3 miles	Rest	3 miles	2 miles	Rest or Cross T	3 miles	Rest or Cross T
05	3 miles	Rest	3 miles	2 miles	Rest or Cross T	3.5 miles	Rest or Cross T
06	3 miles	Rest	3.5 miles	2.5 miles	Rest or Cross T	3.5 miles	Rest or Cross T
07	3 miles	Rest	3.5 miles	3 miles	Rest or Cross T	4 miles	Rest or Cross T
08	3 miles	Rest	4 miles	3 miles	Rest or Cross T	4 miles	Rest or Cross T
09	3.5 miles	Rest	4 miles	3 miles	Rest or Cross T	4.5 miles	Rest or Cross T
10	3.5 miles	Rest	4 miles	3 miles	Rest or Cross T	5 miles	Rest or Cross T
11	3 miles	Rest	3.5 miles	2.5 miles	Rest or Cross T	3 miles	Rest or Cross T
12	3 miles	Rest	3 miles	Rest	Rest	<b>Race Day</b>	

The program lists only times initially. Don't worry about distance early on. For runners, don't feel you need to run the entire time. Just stay on your feet for the time specified and use whatever combination of running and walking you are most comfortable with. For example, start your session with a 5-10 minutes walk then progress to X minutes of running and Y minutes of walking (e.g. run 2 minutes, walk 2 minutes). Experiment with different ratios but never run to the point of exhaustion. The key is to take your walk breaks early when you are still feeling strong. You'll be amazed at how far you'll be able to go with consistent walk breaks. As times change to distance, your training strategy remains the same. Continue experimenting with different run/walk ratios to find the one you are most comfortable with and which will enable you to complete the listed distance.

If you do not have a measured course where you most often run or walk, use time instead—based on your pace. In other words, if you are scheduled to complete 2 miles and you normally run or walk a 12 min mile, stay out for 24 minutes. If you don't know your pace, use 10 min/mile as your standard for runners and 15 min/mile for walkers.

Your schedule incorporates 4 days a week of running and walking, two days a week to rest, and one day a week for cross training (Cross T). Cross training is recommended to maintain your cardiovascular fitness while giving your legs a break from running or walking. Biking and swimming are good forms of cross training. The schedule lists Friday or Sunday as your cross training day but you can easily cross train on other days as well.

The long distances on Saturdays are the key workouts. Again, do not worry about the distance—just run or walk for time. These events should be slow! You should be able to carry on a reasonable conversation without huffing and puffing. Again, if Saturday is not convenient for your long run or walk, move it to a different day and adjust the rest of your schedule accordingly.

Finally, don't be a slave to the schedule! Change days of the week that you run to what works best for you. Just try to maintain the same general sequence of events. If you miss a day or two—don't panic. There is a great deal of flexibility in the schedule. Not sure how to rearrange your schedule? Call Dave Smith at (989) 858-5240 and we'll be happy to help.

**Want to take your training to the next level? Email Dave Smith at [dave@jrmtraining.com](mailto:dave@jrmtraining.com) for coaching.**



## Sport Specific Training Services

### Beginner 5k Training Program

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
01	Rest	10 min	15 min	10 min	Rest or Cross T	20 min	Rest or Cross T
02	15 min	Rest	20 min	15 min	Rest or Cross T	20 min	Rest or Cross T
03	15 min	Rest	25 min	20 min	Rest or Cross T	25 min	Rest or Cross T
04	15 min	Rest	25 min	2 miles	Rest or Cross T	30 min	Rest or Cross T
05	20 min	Rest	25 min	2 miles	Rest or Cross T	35 min	Rest or Cross T
06	2 miles	Rest	3 miles	3 miles	Rest or Cross T	35 min	Rest or Cross T
07	2 miles	Rest	3 miles	3 miles	Rest or Cross T	30 min	Rest or Cross T
08	2.5 miles	Rest	3 miles	2 miles	Rest or Cross T	40 min	Rest or Cross T
09	2.5 miles	Rest	3.5 miles	3 miles	Rest or Cross T	45 min	Rest or Cross T
10	2 miles	Rest	3.5 miles	3 miles	Rest or Cross T	40 min	Rest or Cross T
11	2 miles	Rest	2 miles	2 miles	Rest or Cross T	30 min	Rest or Cross T
12	2 miles	Rest	3 miles	Rest	Rest	<b>Race Day!</b>	

The program lists only times initially. Don't worry about distance early on. For runners, don't feel you need to run the entire time. Just stay on your feet for the time specified and use whatever combination of running and walking you are most comfortable with. For example, start your session with a 5-10 minutes walk then progress to X minutes of running and Y minutes of walking (e.g. run 2 minutes, walk 2 minutes). Experiment with different ratios but never run to the point of exhaustion. The key is to take your walk breaks early when you are still feeling strong. You'll be amazed at how far you'll be able to go with consistent walk breaks. As times change to distance, your training strategy remains the same. Continue experimenting with different run/walk ratios to find the one you are most comfortable with and which will enable you to complete the listed distance.

If you do not have a measured course where you most often run or walk, use time instead—based on your pace. In other words, if you are scheduled to complete 2 miles and you normally run or walk a 12 min mile, stay out for 24 minutes. If you don't know your pace, use 10 min/mile as your standard for runners and 15 min/mile for walkers.

Your schedule incorporates 4 days a week of running and walking, two days a week to rest, and one day a week for cross training (Cross T). Cross training is recommended to maintain your cardiovascular fitness while giving your legs a break from running or walking. Biking and swimming are good forms of cross training. The schedule lists Friday or Sunday as your cross training day but you can easily cross train on other days as well.

The long distances on Saturdays are the key workouts. Again, do not worry about the distance—just run or walk for time. These events should be slow! You should be able to carry on a reasonable conversation without huffing and puffing. Again, if Saturday is not convenient for your long run or walk, move it to a different day and adjust the rest of your schedule accordingly.

Finally, don't be a slave to the schedule! Change days of the week that you run to what works best for you. Just try to maintain the same general sequence of events. If you miss a day or two—don't panic. There is a great deal of flexibility in the schedule. Not sure how to rearrange your schedule? Call Dave Smith at (989) 858-5240 and we'll be happy to help.

**Want to take your training to the next level? Email Dave Smith at [dave@jrmtraining.com](mailto:dave@jrmtraining.com) for coaching.**

<b>03</b>	2 mi	Rest	2 mi	2 mi	Cross T or Rest	4 mi	Cross T or Rest
<b>04</b>	2 mi	Rest	3 mi	2 mi	Cross T or Rest	4 mi	Cross T or Rest
<b>05</b>	2 mi	Rest	3 mi	2 mi	Cross T or Rest	5 mi	Cross T or Rest
<b>06</b>	2 mi	Rest	3 mi	2 mi	Cross T or Rest	5 mi	Cross T or Rest
<b>07</b>	2 mi	Rest	3 mi	2 mi	Cross T or Rest	7 mi	Cross T or Rest
<b>08</b>	3 mi	Rest	4 mi	3 mi	Cross T or Rest	4 mi	Cross T or Rest
<b>09</b>	3 mi	Rest	4 mi	3 mi	Cross T or Rest	8 mi	Cross T or Rest
<b>10</b>	3 mi	Rest	3 mi	2 mi	Cross T or Rest	9 mi	Cross T or Rest
<b>11</b>	3 mi	Rest	5 mi	3 mi	Cross T or Rest	6 mi	Cross T or Rest
<b>12</b>	3 mi	Rest	5 mi	3 mi	Cross T or Rest	10 mi	Cross T or Rest
<b>13</b>	3 mi	Rest	4 mi	3 mi	Cross T or Rest	8 mi	Cross T or Rest
<b>14</b>	4 mi	Rest	5 mi	3 mi	Cross T or Rest	11 mi	Cross T or Rest
<b>15</b>	3 mi	Rest	4 mi	3 mi	Cross T or Rest	8 mi	Cross T or Rest
<b>16</b>	4 mi	Rest	6 mi	3 mi	Cross T or Rest	12 mi	Cross T or Rest
<b>17</b>	3 mi	Rest	4 mi	3 mi	Cross T or Rest	6 mi	Cross T or Rest
<b>18</b>	3 mi	Rest	2-3 mi	Rest	15-20 min easy	<b>Race Day!</b>	

The schedule is a guide—it is not an absolute. Rearrange days on which you run or walk to what best fits your schedule.

The schedule shows miles, but you can run or walk for time as well if you do not have measured courses where you normally train. In other words, if you run or walk 12-minute miles and you are scheduled for 3 miles, stay out for 36 minutes. If you don't know what your pace per mile is, use 10 min/mile as the standard for runners and 15 min/mile for walkers.

Runners—you don't need to run the entire time you're training! Taking walk breaks is a great way to extend the distance you can comfortably complete. Experiment with different run/walk ratios to find the one that works best for you. For example, start with a 5-10 minute warm up walk, then run for a set time, walk for a set time, and continue that pattern throughout your run. The important thing to remember is to start taking your walk breaks early, before you reach the point of exhaustion.

The key events each week are the long runs and walks and rest days. Long runs and walks build gradually to give you the endurance you need to finish the race. Rest and easy days are critical to allow your body to recover from the training build-up. The remaining events during the week serve as your base and will help you get through the long distances more comfortably with less chance of injury.

If you are currently running or walking more than what the schedule calls for in the beginning, simply maintain what you are doing until the schedule catches up.

The schedule includes a 4 days of running or walking, 2 days of rest, and 1 day of cross training. Cross training is other forms of exercise which will help improve or maintain cardiovascular fitness while giving your feet and legs a break from the pounding of running and walking. Swimming and biking are good cross training activities.

An occasional race is a good way to experience the logistics, excitement, pacing, etc of race day before the actual half marathon.

Finally, don't be a slave to the schedule! Change days of the week that you run to what works best for you. Just try to maintain the same general sequence of events. If you miss a day or two—don't panic. There is a great deal of flexibility in the schedule. Not sure how to rearrange your schedule? Call Dave Smith at (989) 858-5240 and we'll be happy to help.

**Want to take your training to the next level? Email Dave Smith at [dave@jrmtraining.com](mailto:dave@jrmtraining.com) for coaching.**

# Beginner's Training Schedule

Created For 4<sup>th</sup> Annual Guardian Gals, Inc. Making Change Event

Saturday, October 5<sup>th</sup> 2013 \* Otsego County Park Start/Finish

How FAR will you go? How MUCH CHANGE will you make?

First Otsego County Exclusive ½ **MARATHON** (13.1 Mile Distance)

**10k** Run (6.2 Mile Distance)

**5k** Run/Walk (3.1 Mile Distance)

**1Mile** Run/Walk

## Training Schedule Created For You By Coach Dave Smith

Dave Smith, USA Cycling & Triathlon certified coach, has graciously gifted Guardian Gals, Inc. with attached ½ Marathon, 10k, & 5k 12-18 week training schedules that detail his recommended schedule of running, rest, & cross-training days that can guide beginner runners to “go the distance” & finish strong. Dave specializes in training of beginner-advanced level multisport athletes & consults directly with JRM (Janda Ricci-Munn) regarding all facets of athlete's training & racing related needs.

Learn more about Janda Ricci-Munn @ [www.jrmtraining.com](http://www.jrmtraining.com).

**Connect to Dave Smith for individual training services & support:**

**Dave Smith, Running & Multi-Sport Coach**

DMS Sport Specific Training Services

[dave@jrmtraining.com](mailto:dave@jrmtraining.com)

JRMTRAINING.COM

989.858.5240

***DMS***

*Sport Specific Training Services*

## Beginner Half Marathon Training Program

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
01	20 min	Rest	20 min	20 min	Cross T or Rest	3 mi	Cross T or Rest
02	2 mi	Rest	2 mi	2 mi	Cross T or Rest	3 mi	Cross T or Rest