

# TRAINING SCHEDULES

The following pages contain six training schedules and the training log. Review the schedules and select the schedule matches your weekend long run day and your training level. Please make the schedule your own, adjust it to meet your needs and fitness. To help with some adjustments we have include a Modified Intermediate schedule that includes additional rest or cross training days, revised mid-week mileage, and the opportunity to do the novice mileage on Weeks 9, 10, and 13.

## TYPICAL TRAINING WEEK

### TYPICAL WALKING & NOVICE TRAINING WEEK FOLLOWS:

	Saturday Training	Sunday Training
Monday	Easy Run	Active Recovery or Cross Train
Tuesday	Rest or Cross Train	Easy Run
Wednesday	1/2 of Long Run	1/2 of Long Run
Thursday	Easy Run <sup>1</sup>	Rest or Cross Train
Friday	Rest	Easy Run
Saturday	Long Run	Rest
Sunday	X or Active Recovery	Long Run

### TYPICAL INTERMEDIATE TRAINING WEEK FOLLOWS:

	Saturday Training	Sunday Training
Monday	Cross-Train	Cross-Train
Tuesday	Easy Run	Easy Run
Wednesday	1/2 of Long Run	1/2 of Long Run
Thursday	Easy Run <sup>1</sup>	Easy Run <sup>1</sup>
Friday	Rest	Rest
Saturday	Long Run	1/2 of Long Run
Sunday	1/2 of Long Run	Long Run

<sup>1</sup> Early in the program, the Thursday run will be replaced with hill workouts. These workouts will greatly improve your ability to “run long”. Later, we will also offer optional track-based speed workouts. Before we move to these workouts, you will have ample opportunities to discuss the structure of these training sessions with your coaches.

### ORDER OF IMPORTANCE

1. The long run is the most important run of the week. Try not to miss this run.
2. The Wednesday run is second in importance.

Make the schedule work for you, it's ok to move works outs around to fit your life. If you fall between these two schedules. Not sure that you are ready to handle the full Intermediate mileage or don't want to do all the mileage. You can follow the Modified Intermediate Schedule, substituting the second weekend run with a active recovery, rest, or cross-training day. Since this does not impact the long weekend run, we assign these participants to an intermediate team.

## WALKING NOVICE SCHEDULE (SATURDAY)

Week	Dates	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Miles
	8/5 - 8/6						3 SP	X or AR	3 / 3
1	8/7 - 8/13	3 SP	R or X	3 SP	3 SP	R	3 SP	X or AR	12 / 15
2	8/14 - 8/20	3 SP	R or X	3 SP	3 SP	R	4 SP	X or AR	13 / 28
3	8/21 - 8/27	3 SP	R or X	3 SP	3 SP	R	5 SP or (3.1/13.1)	X or AR	14 / 42
4	8/28 - 9/3	3 SP	R or X	3 SP	3 PU	R	6 SP	X or AR	15 / 57
5	9/4 - 9/10	3 SP	R or X	3 SP	3 PU	R	4 SP	X or AR	13 / 70
6	9/11 - 9/17	3 SP	R or X	3 PU	3 SP	R	7 SP	X or AR	16 / 86
7	9/18 - 9/24	3 SP	R or X	4 SP	3 PU	R	8 SP	X or AR	18 / 104
8	9/25 - 10/1	3 SP	R or X	4 SP	3 PU	R	5 SP or (3.9/10.1)	X or AR	15 / 119
9	10/2 - 10/8	3 SP	R or X	5 PU	3 SP	R	10 SP	X or AR	19 / 138
10	10/9 - 10/15	3 SP	R or X	5 SP	3 PU	R	11 SP	X or AR	22 / 160
11	10/16 - 10/22	3 SP	R or X	4 SP	3 PU	R	8 SP	X or AR	18 / 178
12	10/23 - 10/29	3 SP	R or X	6 SP	3 SP	R	12 SP	R or AR	24 / 202
13	10/30 - 11/5	3 SP	R or X	4 SP	3 SP	R	6 SP	X or AR	16 / 218
14	11/6 - 11/12	3 SP	R	3 SP	R	R	13.1	R or AR	22 / 240

### LEGEND

**SP - Steady Pace    X - Cross Training    AR- Active Recovery**  
**R- Rest    PU - Pick Up Pace    (#) - Optional Races**

### OPTIONAL RACES

**August 26: Ashland Half & 5k    September 30: Run Richmond 16.19**

## NOVICE SCHEDULE (SATURDAY)

Week	Date	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Miles
	8/5 - 8/6						3 CP	X or AR	3 / 3
1	8/7 - 8/13	3 CP	R or X	3 CP	3 CP	R	3 CP	X or AR	12 / 15
2	8/14 - 8/20	3 CP	R or X	3 CP	3 CP	R	4 CP	X or AR	13 / 28
3	8/21 - 8/27	3 CP	R or X	3 CP	3 CP	R	5 CP or (3.1/13.1)	X or AR	14 / 42
4	8/28 - 9/3	3 CP	R or X	3 CP	3 TR	R	6 CP	X or AR	15 / 57
5	9/4 - 9/10	3 CP	R or X	3 CP	3 TR	R	4 CP	X or AR	13 / 70
6	9/11 - 9/17	3 CP	R or X	3 TR	3 CP	R	7 CP	X or AR	16 / 86
7	9/18 - 9/24	3 CP	R or X	4 CP	3 TR	R	8 CP	X or AR	18 / 104
8	9/25 - 10/1	3 CP	R or X	4 CP	3 TR	R	5 CP or (3.9/10.1)	X or AR	15 / 119
9	10/2 - 10/8	3 CP	R or X	4 TR	3 CP	R	10 CP	X or AR	19 / 138
10	10/9 - 10/15	3 CP	R or X	5 CP	3 TR	R	11 CP	X or AR	22 / 160
11	10/16 - 10/22	3 CP	R or X	4 CP	3 TR	R	8 CP	X or AR	18 / 178
12	10/23 - 10/29	3 CP	R or X	6 CP	3 CP	R	12 CP	R or AR	24 / 202
13	10/30 - 11/5	3 CP	R or X	4 CP	3 CP	R	6 CP	X or AR	16 / 218
14	11/6 - 11/12	3 CP	R	3 CP	R	R	13.1	R or AR	22 / 240

### LEGEND

**CP - Conversation Pace    X - Cross Training    AR- Active Recovery**  
**R- Rest    TU - Temp Run    (#) - Optional Races**

### OPTIONAL RACES

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## NOVICE SCHEDULE (SUNDAY)

Week	Date	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Miles
	8/5 - 8/6						X	3 CP	3 / 3
1	8/7 - 8/13	AR or X	CP	3 CP	R or X	3 CP	R	3 CP	12 / 15
2	8/14 - 8/20	AR or X	3 CP	3 CP	R or X	3 CP	R	4 CP	13 / 28
3	8/21 - 8/27	AR or X	3 CP	3 CP	R or X	3 CP	R or (3.1/13.1)	5 CP or R or AR	14 / 42
4	8/28 - 9/3	AR or X	CP	3 CP	R or X	3 TR	R	6 CP	15 / 57
5	9/4 - 9/10	AR or X	CP	3 CP	R or X	3 TR	R	4 CP	13 / 70
6	9/11 - 9/17	AR or X	3 CP	3 TR	R or X	3 CP	R	7 CP	16 / 86
7	9/18 - 9/24	AR or X	3 CP	4 CP	R or X	3 TR	R	8 CP	18 / 104
8	9/25 - 10/1	AR or X	3 CP	4 CP	R or X	3 TR	R or (3.1/13.1)	5 CP or R or AR	15 / 119
9	10/2 - 10/8	AR or X	3 CP	4 TR	R or X	3 CP	R	10 CP	19 / 138
10	10/9 - 10/15	AR or X	3 CP	5 CP	R or X	3 TR	R	11 CP	22 / 160
11	10/16 - 10/22	AR or X	CP	4 CP	R or X	3 TR	R	8 CP	18 / 178
12	10/23 - 10/29	AR or X	CP	6 CP	R or X	3 CP	R	12 CP	24 / 202
13	10/30 - 11/5	R or AR	3 CP	4 CP	R or X	3 CP	R	6 CP	16 / 218
14	11/6 - 11/12	3 CP	R	3 CP	R	R	13.1	R	22 / 240

### LEGEND

**CP - Conversation Pace   X - Cross Training   AR- Active Recovery**  
**R- Rest   TU - Temp Run   (#) - Optional Races**

### OPTIONAL RACES

**August 26: Ashland Half & 5k   September 30: Run Richmond 16.19**

# MODIFIED INTERMEDIATE SCHEDULE (SATURDAY)

Week	Date	Mon	Tues	Wed		Thurs	Fri	Sat	Sun	Total Miles
	8/5 - 8/6							4 CP	X or AR	4 / 4
1	8/7 - 8/13	3 CP	R or X	3 CP		3 CP	R	5 CP	X or AR	14 / 18
2	8/14 - 8/20	3 CP	R or X	3 CP		3 CP	R	6 CP	X or AR	15 / 33
3	8/21 - 8/27	3 CP	R or X	4 CP		3 CP	R	8 CP or (3.1/13.1)	X or AR	18 / 51
4	8/28 - 9/3	3 CP	R or X	4 CP		3 TR	R	9 CP	X or AR	19 / 70
5	9/4 - 9/10	3 CP	R or X	4 TR	Optional Hill Workouts	3 TR	R	7 CP	X or AR	17 / 87
6	9/11 - 9/17	3 CP	R or X	5 CP		3 CP	R	10 CP	X or AR	21 / 108
7	9/18 - 9/24	3 CP	R or X	5 CP		3 TR	R	11 CP	X or AR	22 / 130
8	9/25 - 10/1	3 CP	R or X	5 TR		3 TR	R	8 CP or (3.9/10.1)	X or AR	19 / 149
9	10/2 - 10/8	3 CP	R or X	6 CP		3 CP	R	13 CP or 10 CP	X or AR	25 / 174
10	10/9 - 10/15	3 CP	R or X	6 CP		3 T	R	14 CP or 11 CP	X or AR	23 / 197
11	10/16 - 10/22	3 CP	R or X	6 CP		4 CP	R	10 CP	X or AR	23 / 220
12	10/23 - 10/29	4 CP	R or X	6 CP		4 CP	R	12 CP	R or AR	26 / 246
13	10/30 - 11/5	4 CP	R or X	4 CP		4 CP	R	8 CP or 6 CP	X or AR	20 / 266
14	11/6 - 11/12	3 CP	R	4 CP		R	R	13.1	R or AR	20 / 286

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# MODIFIED INTERMEDIATE SCHEDULE (SUNDAY)

Week	Date	Mon	Tues	Wed	Thurs		Fri	Sat	Sun	Total Miles
	8/5 - 8/6							X	4 CP	4 / 4
1	8/7 - 8/13	X or AR	3 CP	3 CP	X or R		3 CP	R	5 CP	14 / 18
2	8/14 - 8/20	X or AR	3 CP	3 CP	X or R		3 CP	R	6 CP	15 / 33
3	8/21 - 8/27	X or AR	3 CP	4 CP	X or R		3 CP	R or (3.1/13.1)	8 CP or R	18 / 51
4	8/28 - 9/3	X or AR	3 CP	4 CP	X or R		3 TR	R	9 CP	19 / 70
5	9/4 - 9/10	X or AR	3 CP	4 TR	X or R or 3 TR	Optional Hill Workouts (Thursdays or Fridays)	3 TR or X or R	R	7 CP	17 / 87
6	9/11 - 9/17	X or AR	3 CP	5 CP	X or R or 3 CP		3 CP or X or R	R	10 CP	21 / 108
7	9/18 - 9/24	X or AR	3 CP	5 CP	X or R or 3 TR		3 TR or X or R	R	11 CP	22 / 130
8	9/25 - 10/1	X or AR	3 CP	5 TR	X or R or 3 TR		3 TR or X or R	R or (3.9/10.1)	8 CP or R	19 / 149
9	10/2 - 10/8	X or AR	3 CP	6 CP	X or R or 3 CP		3 CP or X or R	R	13 CP or 10 CP	25 / 174
10	10/9 - 10/15	X or AR	3 CP	6 CP	X or R or 3 TR		3 TR or X or R	R	11 CP or 14 CP	23 / 197
11	10/16 - 10/22	X or AR	3 CP	6 CP	X or R or 3 CP		4 CP or X or R	R	10 CP	23 / 220
12	10/23 - 10/29	X or AR	4 CP	6 CP	X or R		4 CP	R	12 CP	26 / 246
13	10/30 - 11/5	X or AR	4 CP	4 CP	X or R		4 CP	R	8 CP or 6 CP	20 / 266
14	11/6 - 11/12	3 CP	R	4 CP	R		R	13.1	13.1	20 / 286

## LEGEND

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R- Rest   TU - Temp Run   (#) - Optional Races

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## INTERMEDIATE SCHEDULE (SATURDAY)

Week	Date	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Miles
	8/5 - 8/6						4 CP	X	4 / 4
1	8/7 - 8/13	X	3 CP	5 CP	3 CP	R	5 CP	4 CP	20 / 24
2	8/14 - 8/20	X	3 CP	5 CP	3 CP	R	6 CP	5 CP	22 / 46
3	8/21 - 8/27	X	3 CP	5 TR	3 CP	R	8 CP or (3.1/13.1)	5 CP	24 / 70
4	8/28 - 9/3	X	3 CP	5 CP	3 TR	R	9 CP	5 CP	25 / 95
5	9/4 - 9/10	X	3 CP	5 CP	3 TR or H	R	7 CP	5 CP	23 / 118
6	9/11 - 9/17	X	3 CP	5 TR	3 CP or H	R	10 CP	5 CP	26 / 144
7	9/18 - 9/24	X	3 CP	5 CP	3 TR or H	R	11 CP	5 CP	27 / 171
8	9/25 - 10/1	X	3 CP	6 CP	3 TR or H	R	8 CP or (3.9/10.1)	6 CP	26 / 197
9	10/2 - 10/8	X	3 CP	6 TP	3 CP or H	R	13 CP	6 CP	31 / 228
10	10/9 - 10/15	X	3 CP	7 CP	3 TR or H	R	14 CP	7 CP	34 / 262
11	10/16 - 10/22	X	3 CP	7 TP	4 CP or H	R	10 CP	6 CP	30 / 292
12	10/23 - 10/29	X	4 CP	8 CP	4 CP	R	12 CP	8 CP	36 / 328
13	10/30 - 11/5	X	4 CP	6 CP	4 CP	R	8 CP	4 CP	26 / 354
14	11/6 - 11/12	3 CP	R	4 CP	R	R	13.1	R	23 / 377

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## INTERMEDIATE SCHEDULE (SUNDAY)

Week	Date	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total Miles
	8/5 - 8/6						X	4 CP	4 / 4
1	8/7 - 8/13	X	3 CP	5 CP	3 CP	R	4 CP	5 CP	20 / 24
2	8/14 - 8/20	X	3 CP	5 CP	3 CP	R	5 CP	6 CP	22 / 46
3	8/21 - 8/27	X	3 CP	5 TR	3 CP	R	5 CP or (3.1/13.1)	8 CP or 5 CP	24 / 70
4	8/28 - 9/3	X	3 CP	5 CP	3 TR	R	5 CP	9 CP	25 / 95
5	9/4 - 9/10	X	3 CP	5 CP	3 TR or H	R	5 CP	7 CP	23 / 118
6	9/11 - 9/17	X	3 CP	5 TR	3 CP or H	R	5 CP	10 CP	26 / 144
7	9/18 - 9/24	X	3 CP	5 CP	3 TR or H	R	5 CP	11 CP	27 / 171
8	9/25 - 10/1	X	3 CP	6 CP	3 TR or H	R	6 CP or (3.9/10.1)	8 CP or 6 CP	26 / 197
9	10/2 - 10/8	X	3 CP	6 TP	3 CP or H	R	6 CP	13 CP	31 / 228
10	10/9 - 10/15	X	3 CP	7 CP	3 TR or H	R	7 CP	14 CP	34 / 262
11	10/16 - 10/22	X	3 CP	7 TP	4 CP or H	R	6 CP	10 CP	30 / 292
12	10/23 - 10/29	X	4 CP	8 CP	4 CP	R	8 CP	12 CP	36 / 328
13	10/30 - 11/5	X	4 CP	6 CP	4 CP	R	4 CP	8 CP	26 / 354
14	11/6 - 11/12	3 CP	R	4 CP	R	R	13.1	R	23 / 377

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