

TRAINING SCHEDULES

The following pages contain training schedules and the training log. First, review the schedules. Then, select the schedule matches the day of your weekend long workout and your training level.

Please make the schedule your own, adjust it to meet your needs and fitness.

TYPICAL TRAINING WEEK

TYPICAL WALKING OR 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 ¹	Rest or Cross-Train
Friday	Rest	Easy Run
Saturday	Long Run	Rest
Sunday	Active Recovery or Cross-Train	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 ¹	Easy Run ¹
Friday	Rest	Rest
Saturday	Long Run	1/2 of Long Run
Sunday	1/2 of Long Run	Long Run

¹ Mid-way in the program, the Thursday run will be replaced with hill workouts. These workouts will greatly improve your ability to “run long”. 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 workout is the most important workout of the week. Try not to miss this workout.
2. The Wednesday run is second in importance.

If you fall between the two schedules. Not sure that you want to tackle the full Intermediate - 5 Run Days schedule - You can follow the Modified Intermediate - 4 Run Days Schedule, substituting the second weekend run with an active recovery, rest, or cross-training day. Since this does not impact the long weekend run, we assign these participants to an intermediate team.

500 LEVEL WALKING (NOVICE) (SATURDAY TEAM)

Week #	Dates	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Week / Season Totals
0	8/04-8/10						3 SP	X or AR	3 / 3
1	8/11-8/17	3 SP	R or X	3 SP	3 SP	R	4 SP	X or AR	13 / 16
2	8/18-8/24	3 SP	R or X	3 SP	3 SP	R	5 SP	X or AR	14 / 30
3	8/25-8/31	3 SP	R or X	3 SP	3 SP	R	6 SP	X or AR	15 / 45
5	9/01-9/07	3 SP	R or X	3 SP	3 PU	R	6 SP	X or AR	15 / 60
6	9/08-9/14	3 SP	R or X	3 SP	3 PU	R	4 SP	X or AR	13 / 73
7	9/15-9/21	3 SP	R or X	3 PU	3 SP	R	7 SP	X or AR	16 / 89
8	9/22-9/28	3 SP	R or X	4 SP	3 PU	R	8 SP	X or AR	18 / 107
9	9/29-10/05	3 SP	R or X	4 SP	3 PU	R	5 SP	X or AR	15 / 122
10	10/06-10/12	3 SP	R or X	5 PU	3 SP	R	10 SP	X or AR	21 / 143
11	10/13-10/19	3 SP	R or X	5 SP	3 PU	R	11 SP	X or AR	22 / 165
12	10/20-10/26	3 SP	R or X	4 SP	3 PU	R	8 SP	X or AR	18 / 183
13	10/27-11/02	3 SP	R or X	6 SP	3 SP	R	12 SP	R or AR	24 / 207
14	11/03-11/9	3 SP	R or X	4 SP	3 SP	R	6 SP	X or AR	16 / 223
15	11/10-11/16	3 SP	R	3 SP	R	R	13.1	R or AR	19.1 / 242.1

LEGEND

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

OPTIONAL RACES

[August 23: Ashland Half & 5k](#) [September 24: Dominion Energy Charity Classic 5k](#) [September 27: Run Richmond 16.19](#)

NOVICE SATURDAY

Week #	Dates	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Week / Season Totals
0	8/04-8/10						3 CP	X or AR	3 / 3
1	8/11-8/17	3 CP	R or X	3 CP	3 CP	R	4 CP	X or AR	13 / 16
2	8/18-8/24	3 CP	R or X	3 CP	3 CP	R	5 CP	X or AR	14 / 30
3	8/25-8/31	3 CP	R or X	3 CP	3 CP	R	6 CP	X or AR	15 / 45
4	9/01-9/07	3 CP	R or X	3 CP	3 TR	R	6 CP	X or AR	15 / 60
5	9/08-9/14	3 CP	R or X	3 CP	3 TR	R	4 CP	X or AR	13 / 73
6	9/15-9/21	3 CP	R or X	3 TR	3 CP	R	7 CP	X or AR	16 / 89
7	9/21-9/28	3 CP	R or X	4 CP	3 TR	R	8 CP	X or AR	18 / 107
8	9/29-10/04	3 CP	R or X	4 CP	3 TR	R	5 CP	X or AR	15 / 122
9	10/06-10/12	3 CP	R or X	4 TR	3 CP	R	10 CP	X or AR	21 / 143
10	10/13-10/19	3 CP	R or X	5 CP	3 TR	R	11 CP	X or AR	22 / 165
11	10/20-10/26	3 CP	R or X	4 CP	3 TR	R	8 CP	X or AR	18 / 183
12	10/27-11/02	3 CP	R or X	6 CP	3 CP	R	12 CP	X or AR	24 / 207
13	11/03-11/09	3 CP	R or X	4 CP	3 CP	R	6 CP	X or AR	16 / 223
14	11/10-11/16	3 CP	R	3 CP	R	R	13.1	AR	19.1 /

LEGEND

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

OPTIONAL RACES

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NOVICE SUNDAY

Week #	Dates	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Week / Season Totals
0	8/04-8/10						X	3 CP	3 / 3
1	8/11-8/17	X or AR	3 CP	3 CP	R OR X	3 CP	R	4 CP	13 / 16
2	8/18-8/24	X or AR	3 CP	3 CP	R OR X	3 CP	R	5 CP or R	14 / 30
3	8/25-8/31	X or AR	3 CP	3 CP	R OR X	3 CP	R	6 CP	15 / 45
4	9/01-9/07	X or AR	3 CP	3 CP	R OR X	3 TR	R	6 CP	15 / 60
7	9/08-9/14	X or AR	3 CP	3 CP	R OR X	3 TR	R	4 CP	13 / 73
8	9/15-9/21	X or AR	3 CP	3 TR	R OR X	3 CP	R	7 CP	16 / 89
7	9/22-9/28	X or AR	3 CP	4 CP	R OR X	3 TR	R	8 CP or R	18 / 107
8	9/29-10/05	X or AR	3 CP	4 CP	R OR X	3 TR	R	5 CP	15 / 122
9	10/06-10/12	X or AR	3 CP	4 TR	R OR X	3 CP	R	10 CP	21 / 143
10	10/13-10/19	X or AR	3 CP	5 CP	R OR X	3 TR	R	11 CP	22 / 165
11	10/20-10/26	X or AR	3 CP	4 CP	R OR X	3 TR	R	8 CP	18 / 183
12	10/27-11/02	X or AR	3 CP	6 CP	R OR X	3 CP	R	12 CP	24 / 207
13	11/03-11/09	R	3 CP	4 CP	R OR X	3 CP	R	6 CP	16 / 223
14	11/10-11/16	3 CP	R	3 CP	R	R	13.1	R	19.1 / 242.1

LEGEND

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

OPTIONAL RACES

[August 23: Ashland Half & 5k](#) [September 24: Dominion Energy Charity Classic 5k](#) [September 27: Run Richmond 16.19](#)

INTERMEDIATE - 4 RUN DAYS (SATURDAY)

Week #	Dates	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Week / Season Totals
0	8/04-8/10						4 CP	X or AR	4 / 4
1	8/11-8/17	3 CP	R or X	3 CP	3 CP	R	5 CP	X or AR	14 / 18
2	8/18-8/24	3 CP	R or X	3 CP	3 CP	R	6 CP	X or AR	15 / 33
3	8/25-8/31	3 CP	R or X	4 CP	3 CP	R	8 CP	X or AR	17 / 50
4	9/01-9/07	3 CP	R or X	4 CP	3 TR	R	9 CP	X or AR	18 / 68
5	9/08-9/14	3 CP	R or X	4 TR	3 TR OR H	R	7 CP	X or AR	16 / 84
6	9/15-9/21	3 CP	R or X	5 CP	3 CP OR H	R	10 CP	X or AR	21 / 105
7	9/22-9/28	3 CP	R or X	5 CP	3 TR OR H	R	11 CP	X or AR	22 / 127
8	9/29-10/05	3 CP	R or X	5 TR	3 TR OR H	R	8 CP	X or AR	19 / 146
9	10/06-10/12	3 CP	R or X	6 CP	3 CP OR H	R	12 CP	X or AR	24 / 170
10	10/13-10/19	3 CP	R or X	6 CP	3 TR OR H	R	13 CP	X or AR	25 / 195
11	10/20-10/26	3 CP	R or X	6 CP	4 CP OR H	R	8 CP	X or AR	21 / 216
12	10/27-11/02	4 CP	R or X	6 CP	4 CP	R	12 CP	X or AR	26 / 242
13	11/03-11/09	4 CP	R or X	4 CP	4 CP	R	8 OR 6 CP	X or AR	20 / 262
14	11/10-11/16	3 CP	R	4 CP	R	R	13.1	R	20.1 / 282.1

LEGEND

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

OPTIONAL RACES

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INTERMEDIATE - 4 RUN DAYS (SUNDAY)

Week #	Dates	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Week / Season Totals
0	8/04-8/10						X	4 CP	4 / 4
1	8/11-8/17	X or AR	3 CP	3 CP	X or R	3 CP	R	5 CP	14 / 18
2	8/18-8/24	X or AR	3 CP	3 CP	X or R	3 CP	R	6 CP or R	15 / 33
3	8/25-8/31	X or AR	3 CP	4 CP	X or R	3 CP	R	8 CP	17 / 50
4	9/01-9/07	X or AR	3 CP	4 CP	X or R	3 TR	R	9 CP	18 / 68
5	9/08-9/14	X or AR	3 CP	4 TR	X or R	3 TR or H	R	7 CP	16 / 84
6	9/15-9/21	X or AR	3 CP	5 CP	X or R	3 CP or H	R	10 CP	21 / 105
7	9/22-9/28	X or AR	3 CP	5 CP	X or R	3 TR or H	R	11 CP or R	22 / 127
8	9/29-10/05	X or AR	3 CP	5 TR	X or R	3 TR or H	R	8 CP	19 / 146
9	10/06-10/12	X or AR	3 CP	6 CP	X or R	3 CP or H	R	12 CP	24 / 170
10	10/13-10/19	X or AR	3 CP	6 CP	X or R	3 TR or H	R	13 CP	25 / 195
11	10/20-10/26	X or AR	3 CP	6 CP	X or R	4 CP or H	R	8 CP	21 / 216
12	10/27-11/02	X or AR	4 CP	6 CP	X or R	4 CP	R	12 CP	26 / 242
13	11/03-11/19	X or AR	4 CP	4 CP	X or R	4 CP	R	8 or 6 CP	20 / 262
14	11/10-11/16	3 CP	R	4 CP	R	R	13.1	R	20.1 / 282.1

LEGEND

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

OPTIONAL RACES

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INTERMEDIATE - 5 RUN DAYS (SATURDAY)

Week #	Dates	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Week / Season Totals
0	8/04-8/10						4 CP	X or AR	4 / 4
1	8/11-8/17	X	3 CP	5 CP	3 CP	R	5 CP	4 CP	16 / 20
2	8/18-8/24	X	3 CP	5 CP	3 CP	R	6 CP	5 CP	17 / 37
3	8/25-8/31	X	3 CP	5 TR	3 CP	R	8 CP	5 CP	18 / 55
4	9/01-9/07	X	3 CP	5 CP	3 TR	R	9 CP	5 CP	19 / 74
5	9/08-9/14	X	3 CP	5 CP	3 TR or H	R	7 CP	5 CP	17 / 91
6	9/17-9/21	X	3 CP	5 TR	3 CP or H	R	10 CP	5 CP	21 / 112
7	9/22-9/28	X	3 CP	5 CP	3 TR or H	R	11 CP	5 CP	22 / 134
8	9/29-10/05	X	3 CP	6 CP	3 TR or H	R	8 CP	6 CP	20 / 154
9	10/06-10/12	X	3 CP	6 TP	3 CP or H	R	12 CP	6 CP	24 / 178
10	10/13-10/19	X	3 CP	7 CP	3 TR or H	R	13 CP	7 CP	26 / 204
11	10/20-10/26	X	3 CP	7 TP	4 CP or H	R	8 CP	6 CP	22 / 226
12	10/27-11/02	X	4 CP	6 CP	4 CP	R	12 CP	8 CP	26 / 252
13	11/03-11/09	X	4 CP	4 CP	4 CP	R	8 CP	4 CP	22 / 274
14	11/10-11/16	3 CP	R	4 CP	R	R	13.1	R	20.1 / 294.1

LEGEND

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

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INTERMEDIATE - 5 RUN DAYS (SUNDAY)

Week #	Dates	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Week / Season Totals
0	8/04-8/10						X	4 CP	4 / 4
1	8/11-8/17	X	3 CP	5 CP	3 CP	R	4 CP	5 CP	16 / 20
2	8/18-8/24	X	3 CP	5 CP	3 CP	R	5 CP	6 CP or 5 CP	17 / 37
3	8/25-8/31	X	3 CP	5 TR	3 CP	R	5 CP	8 CP	18 / 55
4	9/01-9/07	X	3 CP	5 CP	3 TR	R	5 CP	9 CP	19 / 74
5	9/08-9/14	X	3 CP	5 CP	3 TR or H	R	5 CP	7 CP	17 / 91
6	9/15-9/21	X	3 CP	5 TR	3 CP or H	R	5 CP	10 CP or 5 CP	21 / 112
7	9/22-9/28	X	3 CP	5 CP	3 TR or H	R	5 CP	11 CP	22 / 134
8	9/29-10/05	X	3 CP	6 CP	3 TR or H	R	6 CP	8 CP	20 / 154
9	10/06-10/12	X	3 CP	6 TP	3 CP or H	R	6 CP	12 CP	24 / 178
10	10/13-10/19	X	3 CP	7 CP	3 TR or H	R	7 CP	13 CP	26 / 204
11	10/20-10/26	X	3 CP	7 TP	4 CP or H	R	6 CP	8 CP	22 / 226
12	10/27-11/02	X	4 CP	6 CP	4 CP	R	8 CP	12 CP	26 / 252
13	11/03-11/09	X	4 CP	6 CP	4 CP	R	4 CP	8 CP	22 / 274
14	11/10-11/16	3 CP	R	4 CP	R	R	13.1	R	20.1 / 294.1

LEGEND

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

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