

# Beginner Distance Running Interval Schedule

Week	<i>run</i>	total	warm	<i>running minutes are in italicized bold</i>																		<i>run</i>	total		
Starting:	<i>time</i>	time	up	walking minutes are in normal print																		<i>time</i>	time		
9-Jun	<b>10</b>	38	5	<b>1</b>	2	<b>1</b>	2	<b>1</b>	2	<b>1</b>	2	<b>1</b>	2	<b>1</b>	2	<b>1</b>	2	<b>1</b>	2	<b>1</b>	2	<b>1</b>	5	<b>10</b>	38
16-Jun	<b>13</b>	41	5	<b>1</b>	2	<b>1</b>	2	<b>2</b>	2	<b>1</b>	2	<b>2</b>	2	<b>1</b>	2	<b>2</b>	2	<b>1</b>	2	<b>1</b>	2	<b>1</b>	5	<b>13</b>	41
23-Jun	<b>16</b>	43	5	<b>1</b>	2	<b>2</b>	2	<b>2</b>	2	<b>3</b>	2	<b>2</b>	2	<b>2</b>	2	<b>2</b>	5	<b>2</b>	5					<b>16</b>	43
30-Jun	<b>17</b>	44	5	<b>1</b>	2	<b>2</b>	2	<b>3</b>	2	<b>2</b>	2	<b>3</b>	2	<b>2</b>	2	<b>2</b>	5	<b>2</b>	5					<b>17</b>	44
7-Jul	<b>19</b>	44	5	<b>2</b>	2	<b>3</b>	2	<b>3</b>	2	<b>3</b>	2	<b>3</b>	2	<b>3</b>	5	<b>2</b>	5							<b>19</b>	44
14-Jul	<b>22</b>	42	5	<b>3</b>	2	<b>4</b>	2	<b>4</b>	2	<b>4</b>	2	<b>4</b>	2	<b>3</b>	5									<b>22</b>	42
21-Jul	<b>28</b>	48	5	<b>4</b>	2	<b>5</b>	2	<b>5</b>	2	<b>5</b>	2	<b>5</b>	2	<b>4</b>	5									<b>28</b>	48
28-Jul	<b>36</b>	56	5	<b>5</b>	2	<b>6</b>	2	<b>7</b>	2	<b>6</b>	2	<b>7</b>	2	<b>5</b>	5									<b>36</b>	56
4-Aug	<b>40</b>	60	5	<b>6</b>	2	<b>7</b>	2	<b>7</b>	2	<b>7</b>	2	<b>7</b>	2	<b>6</b>	5									<b>40</b>	60
11-Aug	<b>38</b>	54	5	<b>8</b>	2	<b>10</b>	2	<b>10</b>	2	<b>10</b>	5													<b>38</b>	54
18-Aug	<b>47</b>	63	5	<b>11</b>	2	<b>12</b>	2	<b>12</b>	2	<b>12</b>	5													<b>47</b>	63
25-Aug	<b>45</b>	60	5	<b>15</b>	3	<b>15</b>	3	<b>15</b>	4															<b>45</b>	60
1-Sep	<b>50</b>	65	5	<b>25</b>	5	<b>25</b>	5																	<b>50</b>	65
8-Sep	<b>60</b>	70	5	<b>30</b>	5	<b>30</b>																		<b>60</b>	70
15-Sep	<b>60</b>	70	5	<b>60</b>	5																			<b>60</b>	70
22-Sep	<b>70</b>	80	5	<b>70</b>	5																			<b>70</b>	80
29-Sep	<b>80</b>	90	5	<b>80</b>	5																			<b>80</b>	90
6-Oct	<b>90</b>	100	5	<b>90</b>	5																			<b>90</b>	100
13-Oct	<b>100</b>	110	5	<b>100</b>	5																			<b>100</b>	110
20-Oct	<b>60</b>	70	5	<b>60</b>	5																			<b>60</b>	70
27-Oct	<b>110</b>	120	5	<b>110</b>	5																			<b>110</b>	120
3-Nov	<b>120</b>	130	5	<b>120</b>	5																			<b>120</b>	130
10-Nov	<b>45</b>	50	0	<b>45</b>	5																			<b>45</b>	50

**Rock-n-Roll in Las Vegas - November 16th!!!!**

# Beginner Distance Running Weekly Program

	long run	short run	med run	
9-Jun	10/38	10/38	10/38	<p>For the first seven weeks, try to run two times a week. If you are eager to "get going" then add a power walk on the weekend - a very, very brisk walk of the same total minutes (for example - 38 minutes for week one). There is nothing wrong with not working out on the weekend for the first 7 weeks of the program. If you are worried about "burning out" then just run twice a week until mid-August when we'll add a 3rd weekly run.</p> <p>Always remember to jog SLOWLY. You should be able to talk comfortably while you are jogging. Power walkers should pass you!!! I know it's embarrassing but just do it. I promise it works. This most important for you. Your body needs time to adjust to a running regime. Take it easy and build mileage gradually.</p>
16-Jun	13/41	13/41	13/41	
23-Jun	16/43	16/43	16/43	
30-Jun	17/44	17/44	17/44	
7-Jul	19/44	19/44	19/44	
14-Jul	22/42	22/42	28/48	
21-Jul	28/48	28/48	36/56	
28-Jul	36/56	30/40	36/56	<p>At this point, it is important that you are doing the long run twice a week. If you are doing a weekend run, it should now become shorter than the long run. That short run should be 30 minutes of jogging time out of 40-45 minutes total time (something like 7.5 min jog followed by 2 min walk break repeated 4 times would work or three 10 min jogs separated by 2 min walk breaks). If you have been walking on the weekends as a 3rd workout, you could consider changing that walk into the short run. If you have not been doing a weekend workout, it's time to consider adding in a walking workout or a short jog.</p>
4-Aug	40/60	30/40	40/60	
11-Aug	38/54	30/40	38/54	
18-Aug	47/63	30/40	47/63	
25-Aug	45/60	30/40	45/60	
1-Sep	50/65	30/40	50/65	
8-Sep	60/70	30/40	60/70	
15-Sep	60	35	45	<p>From now through the race, run three times each week if possible - one run will be the long run, one run should be a medium distance run of about 45 minutes with no walking breaks and one will be a 35 min run without walking breaks. This program will be adjusted as you go to accomodate any scheduling issues, injuries, travel, etc. Just let me know what your needs/concerns/worries are and we'll figure out what will work for you.</p> <p>It's real important to not worry about pace. Keep it slow. I know how hard that is. You are fit and definitely capable of running at a faster pace - but for this program, keep it slow. That will give you the best chance possible to get into a running routine pain-free. Good luck!!!</p>
22-Sep	70	35	45	
29-Sep	80	35	45	
6-Oct	90	35	45	
13-Oct	100	35	45	
20-Oct	60	35	45	
27-Oct	110	35	60	
3-Nov	120	35	60	
10-Nov	45	35	45	