

Train FOR London's Run!

Marathon:

This schedule assumes you have the ability to run 3 miles, three to four times a week. If that seems difficult, consider running the 10-K distance this year. Don't worry about how fast you run your regular workouts. Run at a comfortable pace. You should be able to hold a conversation while running. Feel free to walk during your workouts anytime you feel tired or need to shift gears. It is o.k. to walk – the goal is to finish the race any way you can.

10K and 2 Mile Fun Run:

Let's get moving! You do not have to be a runner to do this! You will set your own pace/speed. Don't worry about how fast you go. Run at a pace that allows you to converse comfortably while you do so. DON'T PUSH TOO HARD TOO FAST! It is o.k. to walk the entire time. Nobody cares if you walk the full 10-K, they're more concerned that you **finish**.

Distance Runs: This workout is based on distance. Don't worry about running precisely those distances, but you should come close. Pick a course through your neighborhood or in a scenic area where you think you might enjoy running, then measure either by car or bicycle.

Cross training means doing another sport. This can be biking, jumping on the trampoline, playing soccer or basketball – or whatever you like to do! It is considered an easy day – just move and breathe!

Stretch and strength means stretching with some strength training. You should stretch every day before and after you run, but on Thursdays, stretch a little more. You can do yoga too. Strength training could include push-ups, pull-ups, sit-ups – the kind of stuff you do in P.E. or the use of free weights or machines. Lifting light weights with high repetitions is a good rule of thumb for runners.

Tempo run: After warming up for 10 minutes, run at a pace that is "comfortably hard"-a pace you can keep up for the whole time specified. It's o.k. to push yourself to not walk at all for the whole tempo time. Then run easy for 10 minutes.

Sprints: After you have warmed up for 15 minutes, run as fast as you can for 10 seconds. Repeat. Then run easy for 10 minutes.

Rest is important – don't skip it! Give your muscles time to recover so you can run again. Your muscles will actually strengthen as you rest! Without recovery days you will not improve.

THIS SCHEDULE IS ONLY A GUIDE. IF NECESSARY, YOU CAN MAKE MODIFICATIONS TO SUIT YOUR SCHEDULE. MARK OFF THE SQUARES AS YOU COMPLETE THEM!

3 Month Training Program								
Week	Training program	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 11/3	2 Mile	Rest	Walk 6 Min, Jog Easy 1 Min (repeat 3 Times)	10 Min Cross Train	Walk 6 Min, Jog Easy 1 Min x3	Stretch & Strength	Walk 6 Min, Jog Easy 1 Min x3	Rest
	10 K		20 min run	20 min cross train	20 min run	Stretch & Strength	20 min cross	20 min run
	_ Marathon		3.5 m run	2 m run or cross	3.5 m run + strength	40 min cross	Rest	5 m run
2 11/10	2 Mile	Rest	Walk 5 Min, Jog 2 Min x 3	10 Min Cross	Walk 5 Min, Jog 2 Min x 3	Stretch & Strength	Walk 5 Min, Jog 2 Min x 3	10 Min Cross
	10 K		25 min run	25min cross train	25 min run	Stretch & Strength	25 min cross	25 min run
	_ Marathon		3.5 m run	2 m run or cross	3.5 m run + strength	40 min cross	Rest	5 m run
3 11/17	2 Mile	Rest	Walk 3 Min, Jog 4 min x 3	15 Min Cross	Walk 3 Min, Jog 4 min x 3	Stretch & strength	Walk 3 Min, Jog 4 min x 3	1 Mile Race
	10 K		2.5 m run	30 min cross train	2m run	Stretch & strength	40 min. cross	5k race*
	_ Marathon		4 m run	2 m run or cross	4 m run + strength	Easy run	Rest	5k race*
4 11/24	2 Mile	Rest	Walk 3 Min, Jog 4 Min x 4	15 Min Cross	Walk 3 Min, Jog 4 Min x 4	Stretch & strength	Walk 3 Min, Jog 4 Min x 4	15 Min Cross
	10 K		2.5 m run	30 min cross	2 m run	Stretch & strength	40 min. cross	3.5 m run
	_ Marathon		4 m run	2 m run or cross	4 m run + strength	East run	Rest	6 m run

5 12/1	2 Mile	Rest	Walk 2 Min, Jog 5 Min x 3	15 Min Cross	Walk 2 Min, Jog 5 Min x 3	Stretch & strength	Walk 2 Min, Jog 5 Min x 4	Walk 2 Min, Jog 5 Min x 3
	10 K		2.5 m run	35 min cross	2 m run+ strength	Stretch & strength	50 min cross	4 m run
	_ Marathon		4.5 m run	3 m run or cross	4.5 m run + strength	50 min cross	Rest	7 m run
6 12/8	2 Mile	Rest	Walk 2 Min, Jog 5 Min x 4	15 Min Cross	Walk 2 Min, Jog 5 Min x 4	Stretch & strength	Walk 2 Min, Jog 5 Min x 4	Walk 2 Min, Jog 5 Min x 4
	10 K		3 m run	35 min cross	2 m run+ strength	Stretch & strength	50 min cross	4 m run
	_ Marathon		4.5 m run	3 m run or cross	4.5 m run + strength	50 min cross	Rest	8 m run
7 12/15	2 Mile	Rest	Walk 2 Min, Jog 8 Min x 3	25 Min Cross	Walk 2 Min, Jog 8 Min x 3	Stretch & strength	Walk 2 Min, Jog 8 Min x 3	Walk 2 Min, Jog 8 Min x 3
	10 K		3 m run	40 min cross	2 m run+ strength	Stretch & strength	60 min cross	4.5 m run
	_ Marathon		5 m run	3 m run or cross	5 m run + strength	Easy run	Rest	9 m run
8 12/22	2 Mile	Rest	Walk 2 Min, Jog 9 Min x 3	25 Min Cross	Walk 2 Min, Jog 9 Min x 3	Stretch & strength	Walk 2 Min, Jog 9 Min x 3	Walk 2 Min, Jog 9 Min x 3
	10 K		3 m run	40 min cross	2 m run+ strength	Stretch & strength	60 min cross	5 m run
	_ Marathon		5 m run	3 m run or cross	5 m run + strength	Easy run	Rest	10 m run

9 12/29	2 Mile	Rest	Walk 1 Min, Jog 11 Min, x 3	25 Min Cross	Walk 1 Min, Jog 11 Min, x 3	Stretch & strength	Walk 1 Min, Jog 11 Min, x 3	Walk 1 Min, Jog 11 Min, x 3
	10 K		3 m run	45 min cross	2 m run+ strength	Stretch & strength	60 min cross	5.5 m run
	_ Marathon		5 m run	3 m run or cross	5 m run + strength	60 min cross	Rest	13 m run
10 01/05	2 Mile	Rest	Walk 5 Min, Jog 20 Min	30 Min Cross	Walk 5 Min, Run 20 Min	Stretch & strength	30 Min Cross	Walk 5 Min, Run 20 Min
	10 K		3 m run	45 min cross	2 m run+ strength	Stretch & strength	60 min cross	6 m run
	_ Marathon		5 m run	3 m run or cross	5 m run + strength	60 min cross	Rest	8 m run
11 01/12	2 Mile	Rest	Walk 5 Min, Jog 20 Min	30 Min Cross	Walk 5 Min, Run 20 Min	Stretch & strength	30 Min Cross	Walk 5 Min, Run 20 Min
	10 K		3 m run	45 min cross	2 m run+ strength	Stretch & strength	60 min cross	5.5 m run
	_ Marathon		4 m run	3 m run or cross	2 m run + strength	rest	Rest	6 m run
12 01/19	2 Mile	Rest	Walk 2 Min, Jog 8 Min x 5	25 Min Cross	Walk 2 Min, Jog 8 Min x 4	Stretch & strength	25 Min cross	Walk 2 Min, Jog 8 Min x 5
	10 K		3 m run	40 min cross	2 m run+ strength	Stretch & strength	60 min cross	4.5 m run
	_ Marathon		4 m run	3 m run or cross	2 m run + strength	rest	Rest	6 m run
13 01/26	2 Mile	Rest	Walk 2 Min, Jog 5 Min x 3	20 Min Cross	Walk 30 Min	Rest	Rest	London's Run!!!
	10 K		3 m run	30 min cross	2 m run	rest	rest	
	_ Marathon		3 M Run	2 M Run	2 M Run	Rest	Rest	