

12 WEEK - 4 MILE RUN TRAINING PLAN DETAILS

X Train: Cross Training is needed to supplement running and helps develop other muscles that are not utilized while running, but are needed to support you through training. As runners, we need to mix our training by doing different types of work outs, such as strength training, bicycling, swimming, yoga, and Pilates, to name a few, as a way to supplement our running.

Benefits of Cross Training: Build strength, increase flexibility, enhance balance and increase recovery, while decreasing the risk of injury from overuse of the same muscles. Cross training builds strength and flexibility in muscles that running does not utilize. We highly recommend yoga, Pilates, bicycling, swimming and other core and strengthening exercises that are easy on the joints, but aid in building strength and flexibility! Great for your Monday X train as noted on the calendar.

Warm up and Cool Downs: You should warm up 5-10 minutes before you work out and cool down 10 minutes after.

Warm Ups: Help to prepare the body for activity and gently raise the heart rate, while warming up muscles for activity. This can be done by doing rhythmic exercises such as jumping jacks, walking lunges, skipping, moving arms/shoulder rolls. Cool downs assist in transitioning the body back down to its normal resting state. This can be done by jogging, walking or lower intensity stretching.

Advanced Runners: You may substitute one of your run days for a Tempo or Interval Running.

Tempo Run: Run at 5K or 10 K pace for 20-30 minutes. Remember to warm up first, train in your assigned distance and cool down.

Interval Runs: Short or long bursts 200-1600 meters or ¼ mile to 1 mile with pace slightly faster than 5K or 10K goal. Do a few short bursts with jog in between. Remember to warm up first, then intervals for distance required, then cool down for 10-15 minutes. Note: Warm up distance and cool down are NOT included in the distance you cover during your work out. So yes, you will cover more distance, but the extra steps are critical to preventing injuries by letting the body warm up and cool down properly.

12 week - 4 Mile Run Training Plan (BEGINNERS)

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	WEEKLY TOTAL
	(Aug 21)							
WEEK 1	X TRAIN	.5 MILE	STRENGTH	.5 MILE	REST OR YOGA	1 MILE	REST	2 MILE
	(Aug 28)							
WEEK 2	X TRAIN	.5 MILE	STRENGTH	.75 MILE	REST OR YOGA	1 MILE	REST	2.25 MILE
	(Sept 4)							
WEEK 3	X TRAIN	.75 MILE	STRENGTH	1 MILE	REST OR YOGA	1.25 MILE	REST	3 MILE
	(Sept 11)							
WEEK 4	X TRAIN	1 MILE	STRENGTH	1.25 MILE	REST OR YOGA	1.5 MILE	REST	3.75 MILE
	(Sept 18)							
WEEK 5	X TRAIN	1.25 MILE	STRENGTH	1.5 MILE	REST OR YOGA	1.75 MILE	REST	4.5 MILE
	(Sept 25)							
WEEK 6	X TRAIN	1.5 MILE	STRENGTH	1.75 MILE	REST OR YOGA	2 MILE	REST	5.25 MILE
	(Oct 2)							
WEEK 7	X TRAIN	1.75 MILE	STRENGTH	2 MILE	REST OR YOGA	2.25 MILE	REST	6 MILES
	(Oct 9)							
WEEK 8	X TRAIN	2 MILE	STRENGTH	2.25 MILE	REST OR YOGA	2.5 MILE	REST	6.75 MILE
	(Oct 16)							
WEEK 9	X TRAIN	2.25 MILE	STRENGTH	2.5 MILE	REST OR YOGA	2.75 MILE	REST	7.5 MILE
	(Oct 23)							
WEEK 10	X TRAIN	2.5 MILE	STRENGTH	2.75 MILE	REST OR YOGA	3 MILE	REST	8.25 MILE
	(Oct 30)							
WEEK 11	X TRAIN	2.75 MILE	STRENGTH	3 MILE	REST OR YOGA	3.5 MILE	REST	9.25 MILE
	(Nov 6)					(NOV 11)		
WEEK 12	X TRAIN	3 MILE	STRENGTH	2 MILE	REST OR YOGA	ROBIN RUN	CELEBRATE	9 MILE
				BRISK WALK		4 MILER	YOU DID IT!	