



Team Fit Future Beginner Training Program:



This program is ideal for the runner who has run up to a 10k event and has been consistently running 2-3 days/week over the past 2-3 months. Currently you are able to run 30 minutes without stopping. This program is for the individual who may have a specific time goal in mind for their 5km.

RP= goal race pace— These are runs that you start easy effort and then build through the time suggested so that you are ideally running at your goal 1/2 marathon pace.

Intensity— Thursday will be the day when we add some speed to your running – in order for us to get faster we need to run faster in training – not all out efforts – but after doing the 5km you will get an idea of what your max effort is. These will primarily be run with 1 minute easy jog recovery and always start with a minimum of 15 minutes easy jogging and finish with 1 minutes easy jogging to bring the HR down. The intensity should be such that your last segment is your strongest – always building into the run – just as you want on race day. This will mean that Thursdays run needs to be easy and just time on the feet!!!

Active recovery day – this will be a good day to do your core work and some cross training to give the ligaments and tendons a chance to recover from the efforts of the week add swimming, biking, etc.... but try to keep the effort low and the movement smooth.

All runs unless otherwise specified are easy, able to talk run and all about getting the body ready for the pounding that comes with running a 5km– Enjoy!!!

Stretch daily after each run a minimum of 5 minutes and 3 days a week stretch 20 minutes ideally after your intensity day (Thursday,) your long run day (Saturday) and your active recovery day

◀ Dec 2012

~ January 2013 ~

Feb 2013 ▶

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21 Kickoff at Whole Foods Market 6:00 p.m.	22 4 miles	23 4 miles	24 Easy 3 miles	25 Off	26 60 mins
27 Easy 20 min	28 Active Recovery Shoe Fitting Clinic 1 st Place Sports 6:00 p.m.	29 4 miles	30 4 miles	31 45min with 6x1 minute on/off	Notes:	

◀ Jan 2013

~ February 2013 ~

Mar 2013 ▶

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Off Learn to "Eat Like an Athlete" and take a "Healthy Eating on a Budget" Tour Whole Foods Market 6:00 pm	2 1:15 Run
3 Easy 30 mins	4 Active Recovery	5 4 miles	6 4 miles	7 50 minutes with 8x1 minute on/off	8 Off	9 45 min Run Head over to Whole Foods Market after your run for a free bagel!
10 Easy 30 mins	11 Active Recovery Running Form Clinic 1 st Place Sports 6:00 p.m.	12 4 miles	13 4 miles	14 6x½ mile repeats	15 Off	16 50 min Run
17 Easy 30 mins	18 Active Recovery Boot Camp with Jackie 5:30 p.m.	19 5 miles	20 5 miles	21 Easy 30 minutes	22 Off	23 Race 8- 10k?
24 Easy 30 mins	25 Active Recovery	26 4 miles	27 6 miles	28 Run 60 min. with 10x1 min. on/off	Notes:	

◀ Feb 2013

~ March 2013 ~

Apr 2013 ▶

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Off Healthy Cooking Demo Whole Foods Market 6:00 p.m.	2 60 min Run
3 Easy 30 Mins	4 Active Recovery	5 5 miles	6 5 miles	7 6 miles with 6x3 min.	8 Off	9 1:15 min Run Head over to Whole Foods Market after your run for a free Health Starts Here Smoothie OR Coffee!
10 Easy 30 Mins	11 Active Recovery	12 5 miles Boot Camp with Jackie 5:30 p.m.	13 4 miles	14 7 mile with 5x4 minutes	15 Off	16 50 min Run
17 Easy 30 Mins	18 Active Recovery	19 5 miles	20 4 miles	21 8 miles with 7x3 min Flexibility Training Following Group Run	22 Off	23 60 min Run
24 Easy 30 Mins	25 Active Recovery Yoga	26 5 miles	27 4 miles	28 6 miles with 8x2 minutes	29 Off	30 Run 1 hour with 20 min. at race pace
31 Easy 30 Mins	Notes:					

~ April 2013 ~						
◀ Mar 2013						May 2013 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Active Recovery	2 4 miles	3 4 miles	4 5 miles with 6 x 1 minute	5 Off Healthy Cooking Demo Whole Foods Market 6:00 p.m.	6 Run 1 hour with 20 mins at race pace
7 Easy 30 mins	8 Off	9 4 miles easy	10 2 miles with pick-ups	11 Easy 30 mins	3 4 miles	13 
14	15	16	17	18	19	20
21	22	23	24	25	26	27

