

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
<b>1</b>	<b>Rest</b> <b>Goal:</b> Block out run time for the remaining week.	<b>Run easy for at least 10 minutes</b> <b>Goal:</b> Just get out the door – instant success!	<b>Cross-train for at least 10 minutes</b> <b>Goal:</b> Keep your heart rate elevated the entire time.	<b>Run easy 15 minutes</b> <b>Goal:</b> Tackle at least one hill on your route.	<b>Walk 20 minutes</b> <b>Goal:</b> Invite a friend and make it an active date.	<b>Rest</b> <b>Goal:</b> Plan your pre-run meal for tomorrow's long run.	<b>Long Run</b> <b>Goal:</b> Run 10 minutes longer than normal (or at least 20 minutes). Take walk breaks if necessary.
<b>2</b>	<b>Rest</b> <b>Goal:</b> Strive for at least three servings of fruits and/or veggies.	<b>Run easy</b> <b>Goal:</b> Add 5 minutes to your run time from last week.	<b>Cross-train</b> <b>Goal:</b> Add 5 minutes to your XT time from last week, and/or up the intensity.	<b>Run easy 15 minutes</b> <b>Goal:</b> Do 3-hill repeats (run comfortably hard on the way up; recover on the way down).	<b>Walk 20 minutes</b> <b>Goal:</b> Every 5 minutes, do a 1-minute jog.	<b>Rest</b> <b>Goal:</b> Get at least 8 hours of sleep tonight.	<b>Long Run</b> <b>Goal:</b> Run 5 minutes longer than last week.
<b>3</b>	<b>Rest</b> <b>Goal:</b> Stretch both your upper and lower body for 15 minutes.	<b>Run easy</b> <b>Goal:</b> Add a few minutes to your time from week 2; maintain a comfortable pace.	<b>Cross-train 20 minutes</b> <b>Goal:</b> Strengthen your back with planks, bridges, or bird-dogs. Practice good posture.	<b>Run easy</b> <b>Goal:</b> Add 5 minutes to your time from last week, and do 1 or 2 more hill repeats.	<b>Walk 20 minutes or run easy 10 to 15 minutes</b> <b>Goal:</b> Stop and stretch a different body part every 5 minutes.	<b>Rest</b> <b>Goal:</b> Review the race course and plan to do your long run on it. If not accessible, plot out a similar route.	<b>Long Run</b> <b>Goal:</b> Run 5 minutes longer than last week on race course. Run the last 5 minutes slightly faster.
<b>4</b>	<b>Rest</b> <b>Goal:</b> Perform self-massage on legs and feet (using hands and/or a foam roller).	<b>Run easy</b> <b>Goal:</b> Add a few minutes to your time from last week.	<b>Cross-train 20 to 30 minutes</b> <b>Goal:</b> Up the intensity or incline. Add some chair squats, side planks, and lunges.	<b>Run easy</b> <b>Goal:</b> Perform 3 30-second pick-ups (speed up for 10 seconds, hold a near-sprint for 10, slow for 10).	<b>Walk 20 minutes or run easy 10 to 12 minutes</b> <b>Goal:</b> If walking, do a 1-minute jog every four minutes.	<b>Rest</b> <b>Goal:</b> Plan your pre-race dinner, and make it today for practice. Get 8 hours sleep.	<b>Long Run</b> <b>Goal:</b> Run at an easy pace for 30 to 40 minutes.
<b>5</b>	<b>Rest</b> <b>Goal:</b> Roll out legs, hips, and back with a foam roller for 10 minutes.	<b>Run easy</b> <b>Goal:</b> Drop down to distance you ran in week 3; maintain a comfortable pace.	<b>Cross-train</b> <b>Goal:</b> Perform 20 minutes of easy cardio, like walking or the elliptical, then stretch for 5 minutes.	<b>Run easy 15 minutes</b> <b>Goal:</b> Do 3 30-second pickups at goal race pace at end of run.	<b>Rest</b> <b>Goal:</b> Chill out (if race is on a Saturday). If race is on a Sunday, run easy or walk for 15 minutes.	<b>Rest</b> <b>Goal:</b> Eat your race-night meal and get 8 hours of sleep.	<b>Race</b> <b>Goal:</b> Start out easy and gradually pick up speed so you finish strong. Have fun!

# Original Runners World Training

**RS Peters**



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