



2011 Wicked 10k Beginner Training Program

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8/8	Rest	15 min	20 min	15 min	Rest/Cross T	20 min	Rest/Cross T
8/15	15 min	Rest	20 min	15 min	Rest/Cross T	25 min	Rest/Cross T
8/22	15 min	Rest	25 min	15 min	Rest/Cross T	30 min	Rest/Cross T
8/29	3 miles	Rest	3 miles	2 miles	Rest/Cross T	35 min	Rest/Cross T
9/5	3 miles	Rest	3 miles	2 miles	Rest/Cross T	35 min	Rest/Cross T
9/12	3 miles	Rest	3.5 miles	2.5 miles	Rest/Cross T	40 min	Rest/Cross T
9/19	3 miles	Rest	3.5 miles	3 miles	Rest/Cross T	45 min	Rest/Cross T
9/26	3 miles	Rest	4 miles	3 miles	Rest/Cross T	50 min	Rest/Cross T
10/3	3.5 miles	Rest	4 miles	3 miles	Rest/Cross T	55 min	Rest/Cross T
10/10	3.5 miles	Rest	4 miles	3 miles	Rest/Cross T	60 min	Rest/Cross T
10/17	3 miles	Rest	3.5 miles	2.5 miles	Rest/Cross T	35 min	Rest/Cross T
10/24	3 miles	Rest	3 miles	Rest	Rest	10k Race	

Notes:

1. The twelve week training period begins August 8, 2011.
2. The program lists only times initially. Don't worry about distance early on. For runners, don't feel you need to run the entire time. Just stay on your feet for the time specified and use whatever combination of running and walking you are most comfortable with. For example, start your session with a 5-10 minute walk then progress to X minutes of running and Y minutes of walking. (ex. Run 2 minutes, walk 2 minutes). Experiment with different ratios but never run to the point of exhaustion. The key is to take your walk breaks early when you are still feeling strong. You'll be amazed at how far you'll be able to go with consistent walk breaks. As times change to distance, your training strategy remains the same. Continue experimenting with different run/walk ratios to find the one you are most comfortable with and which will enable you to complete the listed distance.
3. If you do not have a measured course where you most often run or walk, use time instead—based on your pace. In other words, if you are scheduled to complete 2 miles and you normally run or walk a 12 min mile, stay out for 24 minutes.
4. Your schedule incorporates 4 days a week of running and walking, two days a week to rest, and one day a week for cross training (Cross T). Cross training is recommended to maintain your cardiovascular fitness while giving your legs a break from running or walking. Biking and swimming are good forms of cross training. The schedule lists Friday or Sunday as your cross training day, but you can easily cross train on other days as well.
5. The long distances on Saturdays are the key workouts. Again, do not worry about distance—just run or walk for time. These events should be slow! You should be able to carry on a reasonable conversation without huffing and puffing. Again, if Saturday is not convenient for your long run or walk, move it to a different day and adjust the rest of your schedule accordingly.
6. Finally—Don't be a slave to the schedule! Change days of the week that you run on to work what's best for you. Just try to maintain the same general sequence of events. If you miss a day or two—don't panic. There is a great deal of flexibility in the schedule.
7. Good luck and have fun! ☺

Want to take your training to the next level? Check out jandaracing.com for more information on coaching services and training plans.