

9.11.01



9.11.21

9.11 MILE TRAINING SCHEDULE

The goal of this plan is to safely build your mileage and fitness to prepare for the September 11th 9.11 mile run! The plan starts with easy run/walk workouts and slowly builds on workout duration, frequency, and intensity each week. As we progress from steady efforts to hills, we aim to build leg strength. As we transition from hills to faster paced running, the leg strength you built will lead to speed. If at any point the workouts feel like they are too much, ease up your effort to what you can safely and comfortably manage. Every athlete and every body is different! As always, staying healthy and injury free is our #1 goal! If you are new to running or have had a long break from running, aim ease into the workouts with a run/walk approach and target the lower end of the ranges. If you are building on fitness, aim push the upper end of the ranges and challenge yourself!

WEEK	MON	TUES	WED	THURS	FRI	SAT	SUN
7/26/21	20-25min EZ RUN/WALK	REST	20-25min CROSS TRAINING	20-25min EZ RUN/WALK	REST	2-3MI STEADY RUN	REST
8/2/21	25-35min CROSS TRAINING	25-35min STEADY RUN	REST	25-35min STEADY RUN	15-20min WALK	3-4MI STEADY RUN w/1MI @ RACE PACE	REST
8/9/21	30-40min CROSS TRAINING	30-40min STEADY RUN	REST	30-40min HILL RUN	30-40min CROSS TRAINING	4-5MI STEADY RUN	15-20min WALK
8/16/21	35-45min CROSS TRAINING	35-45min STEADY RUN	REST	35-45min TEMPO	25-35min CROSS TRAINING	5-6MI STEADY RUN w/2MI @ RACE PACE	REST
8/23/21	35-45min CROSS TRAINING	35-45min STEADY RUN	REST	35-45min TEMPO	25-35min CROSS TRAINING	6-7MI STEADY RUN	20-25min WALK
8/30/21	40-50min CROSS TRAINING	40-50min STEADY RUN	REST	40-50min SPEED	30-40min CROSS TRAINING	6-8MI STEADY RUN	REST
9/6/21	25-35min EZ RUN/WALK	REST	25-35min STEADY RUN	REST	20-30min CROSS TRAINING	9.11 miles	REST

EZ RUN/WALK: Super easy effort (Optional run/walk or walk).

STEADY RUN: Conversational pace, moderate effort: You should still be able to speak sentences while running (optional run/walk or walk).

CROSS TRAINING DAY: Pick an activity that will get your heart rate up! For example, ride your bike, swim, row, jog, walk, home strength work... anything to get the body moving and break a sweat. Target a moderate effort.

HILL RUN: Find a hill that takes 1-3 minutes to run or walk up and do 3-6 repeats with an easy walk/jog down. Work the "up" part of the hill hard.

TEMPO RUN: Warm up for 5-10 minutes, then pick up the pace and hold steady for 10-20 minutes (medium-hard effort; able to talk but not complete sentences). 5 minute jog/walk for cool down.

SPEED RUN: Warm up for 5-10 minutes, for next 10-20 minutes, pick up pace and sprint for 30-60 seconds at a time followed by 30-60 seconds of easy jogging/walking between efforts (ie: sprint to a telephone pole, then easy jog/walk to next telephone pole. Repeat pattern). Sprint should feel like a hard effort; breathing will be labored. 5 minute jog/walk to cool down.

REST: Rest days can be full days off (no exercise) or try to treat your body to some form of active recovery (yoga, meditation, bodywork, massage, walk/hike with the family, etc).