

# 4-5 MILE RUN/WALK



**GOLD STAR**  
**SOLIDARITY**  
**RUN**



Supporting families of the fallen

The goal of this plan is to safely build your mileage and fitness to prepare to run 26.2 miles from December 1st through 5th in solidarity with our families of the fallen who will be running 26.2 miles at the Rock n Roll San Antonio Marathon! The plan starts with easy run/walk workouts and slowly builds on workout duration, frequency, and intensity each week. As we progress from steady aerobic efforts to hills, we aim to build leg strength. As we transition from hills to faster paced running, the leg strength we 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
10/18/21	20-25min EZ RUN/WALK	REST	20-25min CROSS TRAINING	20-25min EZ RUN/WALK	REST	2-3MI STEADY RUN	REST
10/25/21	25-35min CROSS TRAINING	25-35min STEADY RUN	REST	25-35min STEADY RUN	15-20min WALK	3-4MI STEADY RUN	REST
11/1/21	30-40min CROSS TRAINING	30-40min STEADY RUN	REST	30-40min HILL RUN	30-40min CROSS TRAINING	4-5MI STEADY RUN	15-20min WALK
11/8/21	35-45min CROSS TRAINING	35-45min STEADY RUN	REST	35-45min TEMPO	25-35min CROSS TRAINING	5-6MI STEADY RUN	20-25min WALK
11/15/21	4-5MI RUN/WALK	35-45min STEADY RUN	REST	35-45min TEMPO	25-35min CROSS TRAINING	6-7MI STEADY RUN	20-25min WALK
11/22/21	4-5MI RUN/WALK	40-50min STEADY RUN	REST	40-50min SPEED	30-40min CROSS TRAINING	6-8MI STEADY RUN	REST
11/29/21	15-20min WALK	REST	5MI STEADY RUN	5MI STEADY RUN	5MI STEADY RUN	5MI STEADY RUN	6.2MI STEADY RUN

**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.

**TEMPO:** After 5-10 minutes of easy jogging, alternate 3 minutes of moderate paced running with 2 minutes of easy paced running (or walking); Repeat 4-6 times.

**SPEED:** After 5-10 minutes of easy jogging, alternate 2 minutes of fast paced running with 1 minute of easy paced running (or walking); Repeat 6-8 times [Add a fun twist: instead of time, alternate speed between mailboxes or telephone poles!]

**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.

**\*\*Strength work is an important component of any training plan, and helps to keep the body strong and injury free! Every Tuesday wear blue highlights strength and mobility videos on the wear blue Facebook page for you to incorporate into your training.**

