



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WALK / FS	RUN 10-15	WALK / XT	RUN 10-15	WALK / FS	REST / YOGA	1 MILE
WALK / FS	RUN 15	WALK / XT	RUN 15	WALK / FS	REST / YOGA	1 MILE
WALK / FS	RUN 15-20	WALK / XT	RUN 15-20	WALK / FS	REST / YOGA	1.5 MILES
WALK / FS	RUN 15-20	WALK / XT	RUN 15-20	WALK / FS	REST / YOGA	1.5 MILES
WALK / FS	RUN 20-25	WALK / XT	RUN 20-25	WALK / FS	REST / YOGA	2 MILES
WALK / FS	RUN 20-25	WALK / XT	RUN 20-25	WALK / FS	REST / YOGA	2 MILES
WALK / FS	RUN 25-30	WALK / XT	RUN 25-30	WALK / FS	REST / YOGA	2.5 MILES
WALK / FS	RUN 25-30	WALK / XT	RUN 25 HILLS	WALK / FS	REST / YOGA	2.5 MILES
WALK / FS	RUN 30	WALK / XT	RUN 30 HILLS	WALK / FS	REST / YOGA	3 MILES
WALK / FS	RUN 30	WALK / XT	RUN 30 HILLS	WALK / FS	REST / YOGA	3 MILES
WALK / FS	RUN 30	WALK / XT	RUN 30 HILLS	WALK / FS	REST / YOGA	3.5 MILES
WALK / FS	RUN 30	WALK / XT	RUN 30 SI	WALK / FS	REST / YOGA	3.5 MILES
WALK / FS	RUN 30	WALK / XT	RUN 30 SI	WALK / FS	REST / YOGA	4 MILES
WALK / FS	RUN 30	WALK / XT	RUN 30 SI	WALK / FS	REST / YOGA	4 MILES
WALK / FS	RUN 30	WALK / XT	RUN 30	WALK / FS	REST / YOGA	5K RACE

This 15 week training plan is designed for the beginning runner with little or no previous training. However, if you are currently running use it as a guideline. Add additional training time starting with a conservative level of weekly training and increasing it by 10% per week. Take a rest week after every 3 weeks. The rest week should consist of a 50% decrease in training from your maximum weekly training volume. Start all runs with a 2-5 minute walk to warm up.

Training plan explanations

XT- cross training- Any type of aerobic exercise other than running.

FS- Functional Strength, core exercises

Yoga- any type of stretching or flexibility work.

SI- Stride intervals. Increase your pace to a fast run for 30 seconds. Complete 3-6 of these efforts with 30-60 seconds rest between each effort. Speed intervals will train your muscles to run more efficient at a faster pace. These best performed at the end of your run.

Hills- Try to run on hilly/rolling terrain or do 3-6 repeats over a highway overpass or any incline.

email me with any questions/ concerns. scott@bellamultisport.com