#### BEGINNER BOOTCAMP

## RUNER

Week 1

Monday

Rest and Recoveru (rest days are best done with the feet up and as little stress as possible. Resting is training.

Tuesday

1-2 miles easy Focus on smooth. easy strides and an effort level where you can maintain a conversation the entire time!

Wednesday

2-3 miles easy (nice smooth strides. conversational effort

1-2 miles

recovery effort

(as slow as you

can go without

walking)

Thursday

1-2 miles easy

2-4 miles easy with 4 x 30 sec hills hard

rest or x-train, great day for easy hike, bike or fun yoga!

> rest or x-train. great day for easy hike, bike or fun yoga!

Friday

rest or x-train,

great day for

easy hike, bike

or fun yoga!

rest or x-train. great day for or fun yoga!

Saturday

3-5 miles easy (on trails if you can!)

4-6 miles

easy (on

can!)

4-6 miles

easy (on

trails if you

can!)

2-4 miles easy

Sunday

Week 2

**REST** 

2-3 miles easy

2-4 miles easy with 4

x 20 sec hills hard

(aim for 6-8% grade.

You'll be winded at

the top, so always

take full recoveru

walking or jogging

down.

2-3 miles

1-2 miles recovery effort (as slow as you can go without walking)

3-5 miles

2-4 miles easy with 4 x 30 sec hills hard

2-3 miles

easy with 4

x 30 sec hills

hard

2-4 miles trails if you easy

> 2-4 miles easy with 4 x 30 sec hills mod/hard (ease into these. last one should be your best)

2-4 miles easy with 4 x 20 sec hills hard

Week 3

Week 4

**REST** 

**REST** 

easy with 4 x 20 sec hills mod/hard

easy

easy hike, bike

5-7 miles easy (on trails if you can!)

### BEGINNER BOOTCAMP

hard

# RUNIER

Sunday

2-4 miles

easy, on

trail if you

can!

3-5 miles

easy with 4

x 20 sec hills

hard

3-5 miles

easy with 4

x 20 sec hills

hard

3-5 miles

easy with 4

x 20 sec

hills hard

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 5	REST down week!	1-2 miles easy	2-3 miles easy with 4 x 20 sec hills mod/hard (ease into these, last one is your best)	1-2 miles easy	rest or x-train, great day for easy hike, bike or fun yoga!	3-5 miles easy - find a trail! Snap a photo! Have an adventure!
Week 6	REST	2-3 miles easy with 4 x 20 sec hills hard	2 easy warm-up, 4 x 20 sec fast/2 min easy, 2 miles easy cool-down (Strides aren't sprints. They should feel zippy, smooth and effortless.	1-2 miles recovery effort (as slow as you can go without walking)	rest or x-train, great day for easy hike, bike or fun yoga!	5-7 miles easy (find a new trail if you can!)
Week 7	REST	2-3 miles easy with 4 x 20 sec hills hard	2 easy warm-up, 5 x 20 sec fast/2 min easy, 2 miles easy cool-down	1-2 miles recovery effort (as slow as you can go without walking)	rest or x-train, great day for easy hike, bike or fun yoga!	5-7 miles easy (find a new trail if you can!)
Week 8	REST	2-3 miles easy with 4 x 20 sec hills	2 easy warm-up, 6 x 20 sec fast/2 min easy, 2 miles easy cool-down	1-2 miles recovery effort (as slow as you can go without walking)	rest or x-train, great day for easy hike, bike or fun yoga!	5-7 miles easy (find a new trail if you can!)

walking)

### BEGINNER BOOTCAMP

## RUNIER

Monday Tuesday Wednesday Friday Saturday Thursday 2-3 miles 2 easy warm-1-2 miles up, 8 x 20 sec rest or x-train. recovery effort easy with 4 8-10 miles fast/2 min great day for (as slow as you Week 9 REST x 20 sec hills easy, 2 miles easy hike, bike can go without easy hard walking) or fun yoga! easy cooldown 2-3 miles easy **REST** rest or x-train. with 4 x 20 sec 1-2 miles 1-2 miles 5-7 miles great day for hills mod/hard Week 10 down easy hike, bike (ease into easy easy easy week! these, last one or fun yoga! is your best) 2 easy warm-2-3 miles rest or x-train. up, 10 x 20 sec 8-10 miles great day for easy with 4 fast/2 min Week 11 **REST** 2-3 miles easy hike, bike easy, 2 miles easy x 20 sec hills easy or fun yoga! easy coolhard down 2 easy warmrest or x-train.

Week 12

**REST** 

2-3 miles easy with 4 x 20 sec fast, 2 min easy

up, 6X30 sec hills hard, 2 miles easy cool-down

2-3 miles easy

or fun yoga!

great day for easy hike, bike **10-12 miles** easy

Sunday

3-5 miles easy with 4 x 20 sec hills hard

2-4 miles easy with 4 x 20 sec fast/2 min easy

3-5 miles easy with 4 x 20 sec hills hard

3-5 miles easy with 4 x 20 sec hills hard