

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	Rest Goal: Block out run time for the remaining week.	Run easy for at least 10 minutes Goal: Just get out the door – instant success!	Cross-train for at least 10 minutes Goal: Keep your heart rate elevated the entire time.	Run easy 15 minutes Goal: Tackle at least one hill on your route.	Walk 20 minutes Goal: Invite a friend and make it an active date.	Rest Goal: Plan your pre-run meal for tomorrow's long run.	Long Run Goal: Run 10 minutes longer than normal (or at least 20 minutes). Take walk breaks if necessary.
2	Rest Goal: Strive for at least three servings of fruits and/or veggies.	Run easy Goal: Add 5 minutes to your run time from last week.	Cross-train Goal: Add 5 minutes to your XT time from last week, and/or up the intensity.	Run easy 15 minutes Goal: Do 3 hill repeats (run comfortably hard on the way up, recover on the way down).	Walk 20 minutes Goal: Every 5 minutes, do a 1-minute jog.	Rest Goal: Get at least 8 hours of sleep tonight.	Long Run Goal: Run 5 minutes longer than last week.
3	Rest Goal: Stretch both your upper and lower body for 15 minutes.	Run easy Goal: Add a few minutes to your time from week 2; maintain a comfortable pace.	Cross-train 20 minutes Goal: Strengthen your back with planks, bridges, or bird-dogs. Practice good posture.	Run easy Goal: Add 5 minutes to your time from last week, and do 1 or 2 more hill repeats.	Walk 20 minutes or run easy 10 to 15 minutes Goal: Stop and stretch a different body part every 5 minutes.	Rest Goal: Review the race course and plan to do your long run on it. If not accessible, plot out a similar route.	Long Run Goal: Run 5 minutes longer than last week on race course. Run the last 5 minutes slightly faster.
4	Rest Goal: Perform self-massage on legs and feet (using hands and/or a foam roller).	Run easy Goal: Add a few minutes to your time from last week.	Cross-train 20 to 30 minutes Goal: Up the intensity or incline. Add some chair squats, side planks, and lunges.	Run easy Goal: Perform 3 30-second pick-ups (speed up for 10 seconds, hold a near-sprint for 10, slow for 10).	Walk 20 minutes or run easy 10 to 12 minutes Goal: If walking, do a 1-minute jog every four minutes.	Rest Goal: Plan your pre-race dinner, and make it today for practice. Get 8 hours sleep.	Long Run Goal: Run at an easy pace for 30 to 40 minutes.
5	Rest Goal: Roll out legs, hips, and back with a foam roller for 10 minutes.	Run easy Goal: Drop down to distance you ran in week 3; maintain a comfortable pace.	Cross-train Goal: Perform 20 minutes of easy cardio, like walking or the elliptical, then stretch for 5 minutes.	Run easy 15 minutes Goal: Do 3 30-second pickups at goal race pace at end of run.	Rest Goal: Chill out (if race is on a Saturday). If race is on a Sunday, run easy or walk for 15 minutes.	Rest Goal: Eat your race-night meal and get 8 hours of sleep.	Race Goal: Start out easy and gradually pick up speed so you finish strong. Have fun!

Original Runners World Training

**Runner's World, Runner's World
Magazine**



Original Runners World Training:

Runner's World Guide to Cross-Training Matt Fitzgerald, 2004-10-15 Features everything runners need to know about the best cross training programs available including a series of strength exercises non impact cardiovascular activities and suggestions on how to integrate running and cross training Original 20 000 first printing **Runner's World Training Journal** Editors of Runner's World Magazine, 2012-05-08 A revised edition of the ultimate week by week training journal for runners of all abilities from the top experts in the sport Runner s World Training Journal by the Editors of Runner s World provides the perfect framework to help every kind of runner from fitness joggers to competitive racers track a year s worth of runs This updated and revised version includes the latest tips advice and motivation from the pros to keep runners going all year long With space for recording daily routes mileage times and notes s well as weekly doses of information on training nutrition and injury prevention eaders can track their progress as they achieve their running goals whether they seek better aerobic conditioning weight loss or world records The only runner s training journal with full color photos throughout and top notch tips from the experts at Runner s World this handsomely redesigned journal provides Smear proof paper and a handy spiral binding for ease of use A mple space for readers to record facts about each day s run including route distance time and cross training and to note how they felt at the time A Week at a Glance feature that helps runners summarize their weekly training quickly and easily Advice for runners on how to analyze their data and set new goals for the next year **Runner's World Training Journal** The Editors of Runner's World Magazine, 2002-09-21 This durable training journal from the editors at Runners World magazine is both practical to use and inspiring to look at More than 100 full color photographs complement weekly spreads for tracking important training data such as distance time weather pace and mood A brief introduction explains how keeping a daily record will motivate and improve performance Throughout the journal youll find helpful tips on effective training fitness racing strategy gear and nutrition as well as quotes to inspire you whether you are simply hitting the pavement behind a jogging stroller or training for a marathon **The Runner's World Big Book of Marathon and Half-Marathon Training** Jennifer Van Allen, Bart Yasso, Amby Burfoot, Pamela Nisevich Bede, Editors of Runner's World Magazine, 2012-06-05 The first dedicated book on marathon and half marathon training from the renowned experts at Runner s World Runner s World Big Book of Marathon and Half Marathon Training gives readers the core essentials of marathon training nutrition injury prevention and more The editors of Runner s World know marathon training better than anyone on the planet They have spent the last few years inviting readers to share the long sweaty journey to the starting line putting themselves on call to personally answer readers questions 24 7 This book includes testimonials from real runners more than 25 training plans for every level and ability workouts a runner s dictionary and sample meal plans Runner s World Big Book of Marathon and Half Marathon Training is a powerful and winning resource the ultimate tool kit for anyone who wants to get from the starting line to the finish line **Runner's World** , 2006-06 Runner s World magazine

aims to help runners achieve their personal health fitness and performance goals and to inspire them with vivid memorable storytelling *Runner's World* ,2006-10 Runner s World magazine aims to help runners achieve their personal health fitness and performance goals and to inspire them with vivid memorable storytelling Original Runners World Training Runner's World,Runner's World Magazine,1987-07-01 Runner's World Complete Book of Running Editors of Runner's World Maga,2009-12-22 Revised and updated edition of the popular book on everything you ned to know about running

Runner's World ,2006-10 Runner s World magazine aims to help runners achieve their personal health fitness and performance goals and to inspire them with vivid memorable storytelling **Runner's World Train Smart, Run Forever** Bill Pierce,Scott Murr,Editors of Runner's World Maga,2017-04-04 From the experts at the Furman Institute of Running and Scientific Training **FIRST** Runner s World Train Smart Run Forever goes beyond traditional training programs and addresses the issues that prevent runners from reaching their full potential This book will teach you how to become a fit fast and healthy lifelong runner by following the authors innovative 7 hour workout week In this new approach Bill Pierce and Scott Murr show how overall fitness and total body health are the secret to longevity as a runner Runner s World Train Smart Run Forever is appropriate for all runners but is especially helpful if you re frustrated by injuries or looking to maintain your healthy lifestyle as you age This book addresses the controversies surrounding the dangers of overtraining and the stress associated with the constant craving for faster race times Complete with a comprehensive program to enhance overall fitness improve race times and support healthy aging this book will show you how to achieve your fitness goals at any stage

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that newcomers to a sport need all the help they can get Runner s World now devotes an entire book to guiding the beginning runner through those challenging first days weeks and months Peppered throughout with motivating tips and advice from those who have been there this much needed volume presents a can t fail program that is sure to help new runners feel and look better and have more energy and less stress Inside you ll find Information on nutrition and how to adjust your diet to fit your new running lifestyle Training advice including how to use cross training stretching and strength exercises to keep enthusiasm up weight down and fitness at an optimum level A special section for women runners Written by the executive editor of Runner s World magazine and covering every problem the new runner may encounter from choosing the right shoes to preventing injury to preparing for a race this authoritative volume provides all the information and inspiration any novice requires to turn running into a healthy lifetime pursuit **Runner's World** ,2007-05 Runner s World magazine aims to help runners achieve their personal health fitness and performance goals and to inspire them with vivid memorable storytelling Runner's World ,2006-03 Runner s World magazine aims to help runners achieve their personal health fitness and performance goals and to inspire them with vivid memorable storytelling

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