

Green - Beginner Plan

Week	Date	Phase	Weekly Mileage	Workout 1	Workout 2	Long Run	Notes/Meet	Details#
			30					
1	1-Jun	1	9	None	None	None		3 runs
2	8-Jun		10					3 runs
3	15-Jun		12					3 runs + 1 Bike
4	22-Jun		14					3 runs + 1 Bike
5	29-Jun		17	4 x 3 min @ Tempo		5	4 runs + 1 Bike	
6	6-Jul		18	2 x 1 mile @ Tempo		5	4 runs + 1 Bike	
7	13-Jul		19	1 x 2 mile @ Tempo		5	4 runs + 1 Bike	
8	20-Jul		19	1 x 4k @ Tempo		6	4 runs	
9	27-Jul	2	22	4-8 x 1' Elver hill	1 x 3 mi @ Tempo	6		5 runs + 1 Bike
10	3-Aug		22	6 x 400 at 5k pace	Pope Farm hills	6		5 runs + 1 Bike
11	10-Aug		22	1 x 3 mi @ Tempo	Pope Farm hills	6		5 runs + 1 Bike
12	17-Aug		24	Hills	None	7	Time Trial	5 runs + 1 Bike
13	24-Aug		25	800s/1000s	None	8	Appleton	5 runs + 1 Bike

all runs 3 miles + one 36 minute bike

all runs 3-4 miles + 1 - 48 minute bike

most runs 3 miles, one 5 mile run + 1 - 36 minute bike

most runs 3 miles, tempo run 4 miles, one 5 mile run + 1 - 36 minute bike

most runs 3 miles, tempo run 4 miles, one 5 mile run + 1 - 48 minute bike

two runs of 4 miles, tempo run of 5 miles, one 6 mile run

Take one-two days per week completely off of running. It is okay to run in the morning and bike in the afternoon on same day.

bike duration counts as mileage at 12 minutes of biking equalling 1 mile of running

E ** Every Easy run should be a minimum of 30 minutes - small walk breaks okay in Phase I if needed

L * Long run in Phase I should be 30% of weekly mileage or 60 minutes, in subsequent phases II-IV, long run can be up to 90 minutes

T Tempo Run - "comfortably hard"

ST Strides 4-8 strides at the conclusion of the run

Circuit Circuit training should be completed 3 times per week in the summer months