

HOSPITAL HILL RUN TRAINING SCHEDULE



5 Kilometer Training Schedule - Novice Run

This training schedule is designed for those athletes who are new to running and have been involved in regular athletic endeavors for at least the previous 6 months. If you are beginning an exercise program and have run regularly 2 - 3 times per week during that time, this program is for you.

You should follow this training program if your average weekly mileage is less than 15 miles per week or if you are unable to run at least 3 miles continuously and consistently.

To read the workout key: All workouts are timed based.

Beneath the time intervals is a parenthetical reference to mileage.

These are inserted for the benefit of those of you who run at a pace per mile faster than 10 minutes.

The distance listed is the maximum distance to run within the time intervals.

For example, under Monday in Week 1, you would run for either 20 minutes or 2 miles, which ever comes first.

The goal of athletes following this training program is to complete a 5 Kilometer (3.1 Mile) Run running throughout.

| <u>Week</u> | <u>Monday</u> | <u>Tuesday</u> (Cross Train) | <u>Wednesday</u> | <u>Thursday</u> | <u>Friday</u> (Cross Train) | <u>Saturday</u> | <u>Sunday</u> | <u>Week Ending</u> Sunday |
|-------------|-------------------------|---------------------------------|-------------------------|-----------------|--------------------------------|-------------------------|---------------|------------------------------|
| 1 | 20 Minutes (2 Miles) | 30 Minutes | 20 Minutes (2 Miles) | Rest | 30 Minutes | 30 Minutes (3 Miles) | Rest | April 18, 2010 |
| 2 | 20 Minutes (2 Miles) | 30 Minutes | 20 Minutes (2 Miles) | Rest | 30 Minutes | 30 Minutes (3 Miles) | Rest | April 25, 2010 |
| 3 | 20 Minutes (2 Miles) | 30 Minutes | 20 Minutes (2 Miles) | Rest | 30 Minutes | 30 Minutes (3 Miles) | Rest | May 2, 2010 |
| 4 | 30 Minutes (3 Miles) | 35 Minutes | 20 Minutes (2 Miles) | Rest | 35 Minutes | 45 Minutes (4 Miles) | Rest | May 9, 2010 |

| | | | | | | | | |
|---|-------------------------|---------------|-------------------------|------|---------------|-------------------------------|------|--------------|
| 5 | 30 Minutes (3 Miles) | 30 Minutes | 20 Minutes (2 Miles) | Rest | 35 Minutes | 45 Minutes (4 Miles) | Rest | May 16, 2010 |
| 6 | 30 Minutes (3 Miles) | 30 Minutes | 20 Minutes (2 Miles) | Rest | 35 Minutes | 45 Minutes (4 Miles) | Rest | May 23, 2010 |
| 7 | 30 Minutes (3 Miles) | 30 Minutes | 20 Minutes (2 Miles) | Rest | 30 Minutes | 20 Minutes (2 Miles) | Rest | May 30, 2010 |
| 8 | 20 Minutes (2 Miles) | 30 Minutes | 20 Minutes (2 Miles) | Rest | Rest | 3.1 Miles RACE DAY! | Rest | June 6, 2010 |