



## WORKOUTS FOR RUNNERS (ADVANCED)

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*\* If you develop any injury or pain, make sure you see a physician and stop exercising. This training plan is designed for people who have already have been jogging and want to improve their time and performance on race day.*

**STRENGTH DAY:** Lift weights or do body resistance exercises. Your muscles will help you finish strong and reduce the risk of injury.

**REST DAY:** You may be anxious to meet your goals, but it's important to give your body time to heal from the strain of hard training.

**OPTION DAY:** Choose an activity besides running or walking to empower different muscle groups – and to keep your workout fresh and interesting.

**POWER DAY:** These are your longest and most intense workout days. Make the most of them.

### WEEK ONE

#### MONDAY:

WARM UP: 5 minutes or one lap

STRETCH: 5 minutes

JOG: ½ MILE EASY

JOG: ½ MILE QUICKER

JOG: ½ MILE EASY

(Repeat this one or two more times advanced)

COOL DOWN: 5 to 10 minutes then STRETCH

#### TUESDAY:

##### **OPTION DAY**

Try a different type of workout like biking 20-40 minutes or make it a -

##### **STRENGTH DAY**

Spend 20 minutes lifting weights or with body resistance exercises.

#### WEDNESDAY:

WARM UP: 5 minutes

STRETCH: 5 minutes

MILE TEST: Go to a ¼ mile track and jog one mile for time. Pace yourself so that you're not overly exhausted the first two laps.

RECORD TIME and COOL DOWN 10 minutes

STRETCH

#### THURSDAY:

##### **STRENGTH DAY (no jogging)**

#### FRIDAY:

##### **REST DAY**

If you need to burn off some energy, take two miles at an easy pace

SATURDAY:

**POWER DAY**

WARM UP: 5 minutes easy jog

RUN: Increase your normal run by  $\frac{1}{4}$  to  $\frac{1}{2}$  mile

COOL DOWN: 5 minutes and STRETCH

SUNDAY:

**OPTION DAY**

Take a day off from running, but not a day off from physical activity. This is a great time to enjoy a game of soccer with the family or hike a trail in one of our local parks.

*\*Missy Tip - Watch your fat grams. Try to consume no more than 40 fat grams a day, especially if you need to lose weight.*

**WEEK TWO**

*\*You may want to reward yourself now with a massage!*

MONDAY:

WARM UP: 5 minutes

STRETCH: 5 minutes

JOG: 5 minutes easy, then alternate 2 minutes of jogging at a quicker pace with 2 minutes of easy jogging. Repeat 3 to 4 times.

COOL DOWN: 5 minutes

STRETCH: 5 minutes

TUESDAY:

**OPTION DAY**

Maybe a 30 minutes brisk walk or water aerobics plus STRENGTH EXERCISES for 20 minutes

WEDNESDAY:

STRETCH: 6 – 10 minutes

RUN: 20 - 30 minutes at a good pace.

Start off easy and build up to a pace where you're slightly pushing the pace more than usual. If it still seems too easy, run for an extra 10 minutes. You could split it up to 10 minutes easy, 10 minutes quick, 10 minutes easy.

THURSDAY:

**STRENGTH DAY**

30 minutes of weights or body resistance exercises.

FRIDAY:

**REST DAY**

Can't stand still? A short jog of 15-20 minutes is okay.

SATURDAY:

**POWER DAY**

Find a new place to run but add  $\frac{1}{4}$  mile or 5 minutes to your longest run.

SUNDAY:

**OPTION DAY**

Too much jogging can cause injuries. Other activities like hiking, biking, swimming, aerobics are all good alternatives. Cross training benefits the body and mind.

**WEEK THREE**

MONDAY:

WARM UP: 5 minutes

JOG: 5 minutes at an easy pace

NOW JOG EASY/HARD 1 minute each

Cover 1½ mile or 15 minutes picking up your pace for one minute then slowing down for one minute.

COOL DOWN: 5 -10 minutes

TUESDAY:

**STRENGTH DAY**

Maybe bike 10 minutes, lift 10 minutes, and then bike 5 more minutes.

WEDNESDAY:

WARM UP: 5 minutes of jogging

STRETCH: 5 minutes

TIME: 1½ miles. See how fast you cover this distance. Go out easier the first couple of laps then pick up pace.

COOL DOWN: 10 minutes

THURSDAY:

**STRENGTH DAY**

4 upper body exercises

3 lower body exercises

1 abdominal exercise

(3 sets of 10 for each)

FRIDAY:

**REST DAY**

SATURDAY:

**POWER DAY**

If your long run is already a good distance keep it the same, but tell yourself to push the *middle mile or two* of it.

SUNDAY:

**OPTION DAY WITH FAMILY**

Bike riding is a great physical activity. It's easier on the joints than running and fun for the kids.

Drink more water and try to limit soda's to low calorie. We can take in a lot of calories from carbonated drinks.

*\*Missy Tip – Drink more water and try to limit your sodas to low calorie drinks. Try drinking water with meals.*

## **WEEK FOUR**

*\*Keep logging your workouts to check your progress!*

### **MONDAY:**

WARM UP: 5 minutes jogging and stretching  
JOG: 15 minutes easy  
CHECK YOUR HEART RATE  
JOG: 15 more minutes comfortable pace  
STRETCH: 5 minutes

### **TUESDAY:**

**OPTION DAY**  
or  
**STRENGTH DAY**

### **WEDNESDAY:**

WARM UP: 5 minutes jogging easy  
JOG: 3 minutes quicker pace  
JOG: 1 minute slow pace  
JOG: 2 minute quicker pace  
JOG: 1 minute easy  
JOG: 1 minute at a fast pace  
JOG: 3 minutes easy  
If you're in good shape, repeat the 3-2-1 pattern above.  
COOL DOWN: 5 to 10 minutes

### **THURSDAY:**

**STRENGTH DAY**  
20 minute total workout

### **FRIDAY:**

**REST DAY**

### **SATURDAY:**

**POWER DAY**  
Warm up first, then increase your distance by ¼ mile.  
Check your heart rate in the middle of your run.

### **SUNDAY:**

**OPTION DAY**  
Maybe a good walk with family or friends after lunch

*\*You're almost there! Keep up with your log. Tracking your progress helps you stay motivated.*

## **WEEK FIVE**

MONDAY:

WARM UP: 5 minutes  
STRETCH: 5 minutes  
JOG: 15 minutes take heart rate  
RUN: 2 minutes at a quicker pace  
JOG: 1 minutes at a quicker pace  
RUN: 1 minutes at a quicker pace  
JOG: 1 minute easy repeat this one or 2 more times.  
COOL DOWN: 5 to 10 minutes

TUESDAY:

**STRENGTH DAY**  
STRETCH: 5 minutes  
STRENGTH: 15 minutes  
STRETCH: 5 minutes

WEDNESDAY:

**ONE MILE DAY**  
Warm up by power-walking or jogging for ¼ to ½ mile. Stretch.  
Time yourself on one mile.  
Record your time and compare.  
COOL DOWN afterwards 6 to 12 minutes

THURSDAY:

**OPTION DAY**

FRIDAY:

**OPTION DAY**  
or  
**STRENGTH DAY**

SATURDAY:

**POWER DAY**  
*This is your last long run before the race. Make it count! Start easy, then increase your distance by ¼ mile.*

SUNDAY:

**FAMILY DAY - PICNIC AND HIKE, ETC.**

*\*Missy Tip - Try eating more healthy snacks. Keep fresh fruit and pretzels on hand, plus peeled carrots with low fat dressing.*

**WEEK SIX**

*(easy week due to race)*

MONDAY:

WARM UP: 5 minutes or 1/2 mile  
RUN: 20 minutes at a steady pace (if it seems too easy, make it 30 minutes)  
STRETCH: 5 minutes  
STRENGTH EXERCISES: 10 minutes

TUESDAY:

**REST DAY**

WEDNESDAY:

WARM UP: 6 minutes

JOG: 5 minutes at a good clip

JOG: 2 minutes easy.

JOG: Alternate 1 minute at a quick pace with 1 minute at an easier pace for a total of 8 minutes. COOL DOWN: 5 to 10 minutes

STRETCH: 5 minutes

THURSDAY:

**REST DAY**

FRIDAY:

WARM-UP 10-15 minutes and stretch.

SATURDAY:

**REST DAY**

Eat a good meal that's high in carbohydrates and low in fat the night before the race.

SUNDAY: **RACE DAY!**

FUEL UP: Eat something light at least 2 hours before race

PACE YOURSELF: Don't go out too hard and keep good form

HYDRATE: Take water at stations and think of pumping arms when legs get tired!

FINISH LINE: Enjoy the moment! Cool down for a good 5 minutes as you celebrate your accomplishment.