

BEGINNER

8-WEEK TRAINING

Training Plan provided by Lincoln Running Company

WEEK ONE

Everyone needs structure!

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|--|---|--|---|---|
| <i>EASY</i> | <i>MEDIUM +</i> | <i>EASY</i> | <i>MEDIUM</i> | <i>EASY</i> | <i>FUN & FAST</i> | <i>MEDIUM</i> |
| WARM-UP: None WORKOUT: Starting the week off right with a nice and easy 2 mile run! COOL DOWN: None | WARM-UP: None WORKOUT: Let's go againfind a hilly route and just run it! Might have to drive to it, but Nebraska has hills, just look around! COOL DOWN: None | WARM-UP: None WORKOUT: WOOT-WOOT! You deserve a day off! COOL DOWN: None | WARM-UP: None WORKOUT: 3 miles total Progressive run: Sounds fun and doable - right? That's because it is! Start out S.L.O.W. - seriously slow. Then...each mile run about 5-10 second faster each mile. COOL DOWN: Couple minutes easy jog or walk | WARM-UP: None WORKOUT: Another day off... don't get too used to this COOL DOWN: None | WARM-UP: None WORKOUT: 2 miles steady, ending where there is a slight Downhill....run 3-4 of those downhills at a quicker pace! These are downhill strides! COOL DOWN: None | WARM-UP: None WORKOUT: Long run day - best day of the week - 3-4 miles - and definitely can be some walking breaks in there!! BOOM! Be proud!!! COOL DOWN: None |
| MILEAGE TOTAL: 2 | MILEAGE TOTAL: 2-3 | MILEAGE TOTAL: 0 | MILEAGE TOTAL: 3 | MILEAGE TOTAL: 0 | MILEAGE TOTAL: 2 | MILEAGE TOTAL: 3-4 |

WEEK TWO

Let's keep building our base....we can do anything with the right foundation under us! Building, building. Do some core, do some stretching, sleep 7-8 hours each night, hydrate well. Crazy how these things can make a run SO much better!

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|---|--|--|--|--|
| <i>EASY</i> | <i>MEDIUM +</i> | <i>EASY</i> | <i>MEDIUM</i> | <i>EASY</i> | <i>MEDIUM</i> | <i>MEDIUM</i> |
| WARM-UP: None WORKOUT: Let's get in a couple miles of walking or slow running....go for an AWE walk or run.....get out and get to some real nature. Explore a new trail, lake, state park or country road. COOL DOWN: None | WARM-UP: None WORKOUT: Hilly route...head to your hilly route again! The one that has some good hills and run the uphill fairly hard! EASY on the down side! COOL DOWN: None | WARM-UP: None WORKOUT: DDO!! Deserving Day Off! COOL DOWN: None | WARM-UP: None WORKOUT: THIS IS FUN!!! Seriously - keep telling yourself that and you will believe it! 3 miles total Progressive run: Start out SLOW - Then run about 5-10 second faster each mile. COOL DOWN: Couple minutes easy jog or walk | WARM-UP: None WORKOUT: Ok - you can be off again today....recovery is as important - NO, MORE important - than a workout! When you take a day off your muscles recover and get stronger....easiest way to get better, but so hard for some people! COOL DOWN: None | WARM-UP: None WORKOUT: Steady 3 mile run COOL DOWN: None | WARM-UP: None WORKOUT: Another BEST DAY OF THE WEEK!! Long run day! 4 miles - get there one way or another...walk breaks are A-OK! COOL DOWN: None |
| MILEAGE TOTAL: 2 | MILEAGE TOTAL: 3 | MILEAGE TOTAL: 0 | MILEAGE TOTAL: 3 | MILEAGE TOTAL: 0 | MILEAGE TOTAL: 3 | MILEAGE TOTAL: 4 |

WEEK THREE

Get to the starting line....this is our motto! Impressive workouts and big miles mean nothing if you don't make it to the start line! Even if this seems boring, stick with it and you will get to the exciting part!

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|---|---|--|--|---|
| <i>EASY</i> | <i>MEDIUM +</i> | <i>EASY</i> | <i>MEDIUM</i> | <i>EASY</i> | <i>MEDIUM +</i> | <i>MEDIUM</i> |
| WARM-UP: None WORKOUT: Another AWE Run or Walk! 2 miles!! COOL DOWN: None | WARM-UP: 1 mile easy jog WORKOUT: Stretch Intervals are what we are doing today and you'll need equipment this time! A pair of brightly colored socks - not to wear but to carry! Here's the scoop - run up the hill for 30 seconds and drop 1 sock where you end in that 30 seconds. Jog down the hill and head up again for 30 seconds....your goal is to go further than where you dropped the first sock! Drop the second sock where you end and pick up the first sock on the jog back down. Do this 3-4 times - each time going further than the time before! COOL DOWN: 1 mile easy jog | WARM-UP: None WORKOUT: Rest those legs after your hill workout! COOL DOWN: None | WARM-UP: None WORKOUT: Easy run 4 miles COOL DOWN: None | WARM-UP: None WORKOUT: Now we can start to add a day here if you like! 0-3 easy miles today! COOL DOWN: None | WARM-UP: None WORKOUT: 3 Bears Runthis is not too fast nor too slow...but just right! COOL DOWN: None | WARM-UP: None WORKOUT: 4-5 miles! If you have handled 4 the last couple weeks, let's bump up to 5! The real benefit comes to the muscle between your ears! The confidence, you gain from the long run, will carry you even further next week. COOL DOWN: None |
| MILEAGE TOTAL: 2 | MILEAGE TOTAL: 3 | MILEAGE TOTAL: 0 | MILEAGE TOTAL: 4 | MILEAGE TOTAL: 0-3 | MILEAGE TOTAL: 3 | MILEAGE TOTAL: 4-5 |

“ TRAINING IS A LOT LIKE LIFE. ONLY 10% OF IT IS EXCITING. 90% OF IT IS SLOG AND DRUDGE.

- DAVE BEDFORD, ENGLISH DISTANCE RUNNER WHO OCCASIONALLY PUT IN 200 MILES A WEEK IN TRAINING!

WEEK FOUR

HALF WAY THROUGH THIS FUN!!! Good job and enjoy the rest of this with your new found confidence!

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|--|---|--|--|--|
| <i>EASY</i> | <i>MEDIUM +</i> | <i>EASY</i> | <i>MEDIUM +</i> | <i>EASY</i> | <i>MEDIUM</i> | <i>MEDIUM</i> |
| WARM-UP: None WORKOUT: AWE Run! 2-3 miles this week! COOL DOWN: None | WARM-UP: 1 mile WORKOUT: WE EAT HILLS FOR BREAKFAST!!! Stretch Intervals again! (I believe there are hills at LC?) Let's get 5-6 of these in this week! Remember - goal is to get a bit farther every time you run 30 seconds up that hill! Don't forget your socks! COOL DOWN: 1 mile | WARM-UP: None WORKOUT: No Run Tuesday! COOL DOWN: None | WARM-UP: 1 mile super slow WORKOUT: We're going to move a bit faster now. Run 1 min fast/1 min slow (or walk) and do this 5 times. COOL DOWN: 1 mile super slow | WARM-UP: None WORKOUT: Easy - peasy 3 miles HOW SLOW CAN YOU GO? COOL DOWN: None | WARM-UP: None WORKOUT: Progressive run.... Start out SLOW - then each mile get 5-10 seconds faster. COOL DOWN: 1 mile super easy | WARM-UP: None WORKOUT: 5 miles COOL DOWN: None |
| MILEAGE TOTAL: 2-3 | MILEAGE TOTAL: 3 | MILEAGE TOTAL: 0 | MILEAGE TOTAL: 3 | MILEAGE TOTAL: 3 | MILEAGE TOTAL: 4 | MILEAGE TOTAL: 5 |

WEEK FIVE

Over half way through the training – on the downside but not the easy side

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|--|---|---|---|
| <i>EASY</i> | <i>MEDIUM +</i> | <i>EASY</i> | <i>MEDIUM +</i> | <i>EASY</i> | <i>MEDIUM</i> | <i>MEDIUM</i> |
| WARM-UP: None WORKOUT: 3 mile AWE Run or Walk. Really try to get out to nature! COOL DOWN: None | WARM-UP: 1-2 Miles WORKOUT: Stretch Intervals again! 5-6 of these bad boys! Remember – get a bit further each time! Make the warmup and cooldown a bit longer this week! COOL DOWN: 1-2 Miles | WARM-UP: None WORKOUT: It's Tuesday so NO RUNNING! COOL DOWN: None | WARM-UP: 1 Mile WORKOUT: 2 MINUTE TOUGHIE!! Woo-Hoo! Run 2 minutes hard/2 minutes easy – do this 4 times. You are going to feel SOOO good after this and SOOO proud! You're welcome COOL DOWN: 1 Mile | WARM-UP: None WORKOUT: Easy 3 COOL DOWN: None | WARM-UP: None WORKOUT: Good 3 Bear Run Not too slow- not too fast – just right! 4 x downhill strides after. Do them on a SLIGHT downhill – nothing steep! COOL DOWN: None | WARM-UP: None WORKOUT: 5 miles Make sure you go slow enough at first so the finish feels AWESOME! COOL DOWN: None |
| MILEAGE TOTAL: 3 | MILEAGE TOTAL: 4 | MILEAGE TOTAL: 0 | MILEAGE TOTAL: 4 | MILEAGE TOTAL: 3 | MILEAGE TOTAL: 4 | MILEAGE TOTAL: 5 |

“ BELIEVE IN YOURSELF, KNOW YOURSELF, DENY YOURSELF, AND BE HUMBLE.

- JOHN TREACY'S FOUR PRINCIPLES OF TRAINING PRIOR TO LOS ANGELES '84

WEEK SIX

3 weeks to go! We are in the heart of this thing! Isn't it fun!!!!???

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|--|--|---|---|---|
| <i>EASY</i> | <i>MEDIUM +</i> | <i>EASY</i> | <i>MEDIUM +</i> | <i>EASY</i> | <i>MEDIUM</i> | <i>MEDIUM</i> |
| WARM-UP: None WORKOUT: Off! Yep! You read right....no running today! Head out for a walk if you need to get out! COOL DOWN: None | WARM-UP: 1 Mile WORKOUT: Stretch Intervals! 6 of these guys! Be sure to follow the Stretch Rule – go further each time! COOL DOWN: 1 Mile | WARM-UP: None WORKOUT: You know the drill – don't run! COOL DOWN: None | WARM-UP: 1 Mile WORKOUT: Today is "tempo run day"! It's THE BEST!! You're going to run for 5 minutes at your tempo pace (comfortably hard), then run 2 minutes easy. Finish your workout with another 5 minute tempo run. COOL DOWN: 1 Mile | WARM-UP: None WORKOUT: Easy 3 COOL DOWN: None | WARM-UP: None WORKOUT: 3 Bears Run once more! Downhill strides after - 4 of them on that slight downhill! COOL DOWN: None | WARM-UP: None WORKOUT: 6 miles Let's do this! Nothing fancy here – just finish! COOL DOWN: None |
| MILEAGE TOTAL: 0 | MILEAGE TOTAL: 4 | MILEAGE TOTAL: 0 | MILEAGE TOTAL: 4 | MILEAGE TOTAL: 3 | MILEAGE TOTAL: 4 | MILEAGE TOTAL: 6 |

WEEK SEVEN

Time to start tapering! The taper time is when we minimize fatigue without compromising fitness! We got this, everyone and you might actually dislike less running at this point!


| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|--|--|---|
| <i>EASY</i> | <i>MEDIUM</i> | <i>EASY</i> | <i>EASY</i> | <i>MEDIUM +</i> | <i>EASY</i> | <i>MEDIUM</i> |
| WARM-UP: None WORKOUT: Optional AWE Run or no run COOL DOWN: None | WARM-UP: None WORKOUT: 4 miles flat + 4 x strides COOL DOWN: None | WARM-UP: None WORKOUT: Off of course! COOL DOWN: None | WARM-UP: None WORKOUT: Easy 3 miles COOL DOWN: None | WARM-UP: 1 Mile WORKOUT: 10 Day Out Workout - Icing On The Cake! It's fun to see how fast you can run! 1 min hard - 30 seconds easy - 30 seconds easy - 1 min easy. Do this 4 times! COOL DOWN: 1 Mile | WARM-UP: None WORKOUT: Easy 3 or off COOL DOWN: None | WARM-UP: None WORKOUT: 4-5 easy – how easy can this feel? COOL DOWN: None |
| MILEAGE TOTAL: 0-3 | MILEAGE TOTAL: 4 | MILEAGE TOTAL: 0 | MILEAGE TOTAL: 3 | MILEAGE TOTAL: 3-4 | MILEAGE TOTAL: 0-3 | MILEAGE TOTAL: 4-5 |

“ REGARDLESS OF WHO YOU ARE OR WHO YOU HAVE BEEN, YOU CAN BE WHAT YOU WANT TO BE.

- W. CLEMENT STONE

WEEK EIGHT

Race Week! This is it! You made it! Congrats and be proud of yourself – we are proud of you!

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|---|--|---|---|---|
| <i>EASY</i> | <i>EASY</i> | <i>EASY</i> | <i>MEDIUM +</i> | <i>EASY</i> | <i>EASY</i> | IT'S RACE DAY! |
| WARM-UP: None WORKOUT: Off! COOL DOWN: None | WARM-UP: None WORKOUT: Flat and easy 3 miles COOL DOWN: None | WARM-UP: None WORKOUT: Off! COOL DOWN: None | WARM-UP: 1 Mile WORKOUT: 1 mile @ tempo pace COOL DOWN: 1 Mile | WARM-UP: None WORKOUT: Off! COOL DOWN: None | WARM-UP: None WORKOUT: Easy 3 COOL DOWN: None |  WARM-UP: 10 Minutes WORKOUT: RACE DAY! COOL DOWN: 10 Minutes |
| MILEAGE TOTAL: 0 | MILEAGE TOTAL: 3 | MILEAGE TOTAL: 0 | MILEAGE TOTAL: 3 | MILEAGE TOTAL: 0 | MILEAGE TOTAL: 3 | MILEAGE TOTAL: 8 |