



Flying Feather Run Training Plan

| DAY: | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------|---------------|---------------------|-----------|--------------------|----------|----------|--------|
| | Moderate/Hard | | Moderate | Easy | Moderate | Easy | |
| WEEK 1 | 1 Mile | Cross-Train or Rest | 2 Miles | 30 min. Walk | 2 Miles | 2 Miles | Rest |
| | Moderate/Hard | | Moderate | Easy | Moderate | Easy | |
| WEEK 2 | 1 Mile | Cross-Train or Rest | 2 Miles | 30 min. Walk | 2 Miles | 3 Miles | Rest |
| | Moderate/Hard | | Moderate | Easy | Moderate | Easy | |
| WEEK 3 | 2 Miles | Cross-Train or Rest | 3 Miles | 30 min. Walk | 2 Miles | 4 Miles | Rest |
| | Moderate/Hard | | Moderate | Easy | Moderate | Easy | |
| WEEK 4 | 2 Miles | Cross-Train or Rest | 3 Miles | 30 min. Walk | 2 Miles | 3 Miles | Rest |
| | Moderate/Hard | | Moderate | Easy | Moderate | Easy | |
| WEEK 5 | 2 Miles | Cross-Train or Rest | 4 Miles | 30 min. Walk | 2 Miles | 4 Miles | Rest |
| | Moderate/Hard | | Moderate | Easy | Moderate | Easy | |
| WEEK 6 | 2 Miles | Cross-Train or Rest | 4 Miles | 30 min. Walk | 2 Miles | 5 Miles | Rest |
| | Moderate/Hard | | Moderate | Easy | Moderate | Easy | |
| WEEK 7 | 2 Miles | Cross-Train or Rest | 3 Miles | 30 min. Walk | 2 Miles | 3 Miles | Rest |
| | Moderate/Hard | | Moderate | Hard! | Moderate | Easy | |
| WEEK 8 | 2 Miles | Cross-Train or Rest | 2 Miles | RACE DAY :) | Rest | 2 Miles | Rest |

This program is designed to get an individual of any ability to the starting line. Before beginning any training regimine please consult with your physician.

All workouts should consist a 5 minute warm-up and cool-down, which entails easy walking or running followed by brief stretching.

Training intensity should vary throughout the week. Easy = 60-65% of your maximum; Moderate = 75-80% of your maximum; Hard = 85-95% of your maximum.

Questions? E-mail Coach Jeff with Fleet Feet & MIT! jeff@fleetfeetcolumbus.com