



# Flying Feather Run/Walk Training Plan

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

This program is designed to get an individual of any ability to the starting line. Before beginning any training regimime 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](mailto:jeff@fleetfeetcolumbus.com)