

Jingle Bell Run Pre-Conditioning Program 2010 For a 5-Mile Run

WEEK	DATE	RUN	WALK	TOTAL	SUN	MON	TUE	WED	THU	FRI
	SAT									
1	10/4/2010	1 minute	5 minutes	30 minutes	20-30 min	ALT*	20-30 min	ALT*	20-30 min	REST
2	10/11/2010	2 minutes	4 minutes	30 minutes	20-30 min	ALT	20-30 min	ALT	20-30 min	REST
3	10/18/2010	3 minutes	3 minutes	30 minutes	20-30 min	ALT	20-30 min	ALT	20-30 min	REST
4	10/25/2010	4 minutes	2 minutes	30 minutes	20-30 min	ALT	20-30 min	ALT	20-30 min	REST
5	11/1/2010	5 minutes	1 minute	30 minutes	20-30 min	ALT	20-30 min	ALT	20-30 min	REST
6	11/8/2010	5 minutes	1 minute	36 minutes	20-30 min	ALT	20-30 min	ALT	20-30 min	REST
7	11/15/2010	5 minutes	1 minute	42 minutes	30-40 min	ALT	30-40 min	ALT	30-40 min	REST
8	11/22/2010	5 minutes	1 minute	48 minutes	30-40 min	ALT	30-40 min	ALT	30-40 min	REST
9	11/29/2010	5 minutes	1 minute	54 minutes	30-40 min	ALT	30-40 min	ALT	30-40 min	REST
10	12/6/2010	5 minutes	1 minute	60 minutes	30-40 min	ALT	30-40 min	ALT	30-40 min	REST
5 Mile Run - Pre-Conditioning Program Graduation										

Always consult with your health care provider before starting any exercise program.

Notes:

- 1 - Run at your own pace. The above times are suggested goals and not requirements. The idea is to improve each session.
- 2 - Always **s-t-r-e-t-c-h** before and after training session with the group and/or on your own.
- 3 - If you are not feeling well or in pain while running, stop immediately and let your coach know.
- 4 - Keep track of your progress. Try to set your own "personal goals".
- 5 - * Mid-week "ALT" (Alternate or Cross Training) can be weight training, yoga, biking, walking, etc.
- 6 - Find a partner to run with. A partner can take your mind off the effort and you can give each other encouragement.

This program is intended for those who desire to start a walking/running schedule of 12 weeks that leads to running up to 5 miles. The training progresses from a walking to running routine that begins walking for 5 minutes and jog for one minute; walking 4 minutes and jog 2 minutes; and so on until reaching week 5 with a 1 minute walk and 5 minutes running.