



## 4 Days per Week, 12-week, *Beginner Runner* Bloomsday Training Schedule

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Total Miles
1	<p><b>Run 1.5 miles</b> Throughout your run you will feel warm yet still able to talk easily or sing along to your iPod.</p>	<p><b>Interval run: 2 miles</b> Warm up at an easy jog for 5 minutes. Now run at a hard pace for 2 minutes. Recover by slowing pace and jog for 45 seconds. Repeat 6 times. Cool down for 10 minutes.</p>	<b>Rest</b>	<p><b>Cross-Training</b> Pick a fun activity! Try something different - just make sure to get your heart rate up for about an hour!</p>	<p><b>Run 2 miles</b> You will be running hard enough to know you are exercising, but you can still have an active conversation.</p>	<b>Rest</b>	<p><b>Long run: 3 miles</b> You should feel like you could go on forever and still keep on a completely normal conversation.</p>	<b>8.5</b>
2	<p><b>Run 1.5 miles</b> You will be running hard enough to know you are exercising, but you can still have an active conversation.</p>	<p><b>Hill Run: 2 miles</b> Plan your run to include at least one hill about the middle. Run hard up the hill with a recovery jog down the hill repeat at least 3 times, or include at least two hills in the run with three hill sprints.</p>	<b>Rest</b>	<p><b>Cross-Training</b> Pick a fun activity! Try something different - just make sure to get your heart rate up for about an hour!</p>	<p><b>Run 2 miles</b> Your pace will be difficult enough that you will be breathing hard and you will not want to talk much.</p>	<b>Rest</b>	<p><b>Long run: 3 miles</b> Your pace will be hard enough where sweating and heart rate are apparent. Sentences will be shorter but still conversational, you can still sing along with your iPod.</p>	<b>8.5</b>
3	<p><b>Run 2 miles</b> Your pace will be hard enough where sweating and heart rate are apparent. Sentences will be shorter but still conversational.</p>	<p><b>Interval run: 2.5 miles</b> Warm up at an easy jog for 8 minutes. Now run at a hard pace for 2 minutes. Recover by slowing pace and jog for 45 seconds. Repeat 7 times. Cool down for 10 minutes.</p>	<b>Rest</b>	<p><b>Cross-Training</b> Pick a fun activity! Try something different - just make sure to get your heart rate up for about an hour!</p>	<p><b>Run 3 miles</b> Your pace will be difficult enough that you will be breathing hard and you will not want to talk much.</p>	<b>Rest</b>	<p><b>Long run: 4 miles</b> Your pace will be hard enough where sweating and heart rate are apparent. Sentences will be shorter but still conversational, you can still sing along with your iPod.</p>	<b>11.5</b>

4	<p><b>Run 2 miles</b> You are working hard enough to maybe feel the burning sensation in your legs, increased breathing rate, and you feel like you can't go for very long, but if you quit recovery is quick.</p>	<p><b>Hill Run: 3 miles</b> On this day you will want to find a good size hill. Select either Government Way or Doomsday Hill and run up, jog down until mileage is complete.</p>	Rest	<p><b>Cross-Training</b> Pick a fun activity! Try something different - just make sure to get your heart rate up for about an hour!</p>	<p><b>Run 3 miles</b> You are working hard enough to maybe feel the burning sensation in your legs, increased breathing rate, and you feel like you can't go for very long, but if you quit recovery is quick.</p>	Rest	<p><b>Long run: 4 miles</b> Your pace will be difficult enough that you will be breathing hard and you will not want to talk much. You can say sentences, but they will be shorter and big breaths between.</p>	12
5	<p><b>Run 3 miles</b> Throughout your run you will feel warm yet still able to talk easily or sing along to your iPod.</p>	<p><b>Interval run: 2 miles</b> Warm up at an easy jog for 10 minutes. Now run at a hard pace for 2 minutes. Recover by slowing pace and jog for 45 seconds. Repeat 8 times. Cool down for 10 minutes.</p>	Rest	<p><b>Cross-Training</b> Pick a fun activity! Try something different - just make sure to get your heart rate up for about an hour!</p>	<p><b>Run 3 miles</b> You will be running hard enough to know you are exercising, but you can still have an active conversation.</p>	Rest	<p><b>Long run: 5 miles</b> You should feel like you could go on forever and still keep on a completely normal conversation.</p>	13
6	<p><b>Run 4 miles</b> You will be running hard enough to know you are exercising, but you can still have an active conversation.</p>	<p><b>Hill Run: 3 miles</b> Plan your run to include at least one hill about the middle. Run hard up the hill with a recovery jog down the hill repeat at least 3 times, or include at least two hills in the run with three hill sprints.</p>	Rest	<p><b>Cross-Training</b> Pick a fun activity! Try something different - just make sure to get your heart rate up for about an hour!</p>	<p><b>Run 4 miles</b> Your pace will be difficult enough that you will be breathing hard and you will not want to talk much.</p>	Rest	<p><b>Long run: 6 miles</b> Your pace will be hard enough where sweating and heart rate are apparent. Sentences will be shorter but still conversational, you can still sing along with your iPod.</p>	17
7	<p><b>Run 4 miles</b> Your pace will be hard enough where sweating and heart rate are apparent. Sentences will be shorter but still conversational.</p>	<p><b>Interval run: 3.5 miles</b> Warm up at an easy jog for 10 minutes. Now run at a hard pace for 2 minutes. Recover by slowing pace and jog for 45 seconds. Repeat 10 times. Cool down for 10 minutes.</p>	Rest	<p><b>Cross-Training</b> Pick a fun activity! Try something different - just make sure to get your heart rate up for about an hour!</p>	<p><b>Run 4 miles</b> Your pace will be difficult enough that you will be breathing hard and you will not want to talk much.</p>	Rest	<p><b>Long run: 6 miles</b> Your pace will be hard enough where sweating and heart rate are apparent. Sentences will be shorter but still conversational, you can still sing along with your iPod.</p>	17.5

8	<p><b>Run 5 miles</b> You are working hard enough to maybe feel the burning sensation in your legs, increased breathing rate, and you feel like you can't go for very long, but if you quit recovery is quick.</p>	<p><b>Hill Run: 4 miles</b> On this day you will want to find a good size hill. Select either Government Way or Doomsday Hill and run up, jog down until mileage is complete.</p>	Rest	<p><b>Cross-Training</b> Pick a fun activity! Try something different - just make sure to get your heart rate up for about an hour!</p>	<p><b>Run 5 miles</b> You are working hard enough to maybe feel the burning sensation in your legs, increased breathing rate, and you feel like you can't go for very long, but if you quit recovery is quick.</p>	Rest	<p><b>Long run: 7 miles</b> Your pace will be difficult enough that you will be breathing hard and you will not want to talk much. You can say sentences, but they will be shorter and big breaths between.</p>	21
9	<p><b>Run 5 miles</b> You are working hard enough to maybe feel the burning sensation in your legs, increased breathing rate, and you feel like you can't go for very long, but if you quit recovery is quick.</p>	<p><b>Interval run: 2.5 miles</b> Warm up at an easy jog for 10 minutes. Now run at a hard pace for 4 minutes. Recover by slowing pace and jog for 45 seconds. Repeat 5 times. Cool down for 10 minutes.</p>	Rest	<p><b>Cross-Training</b> Pick a fun activity! Try something different - just make sure to get your heart rate up for about an hour!</p>	<p><b>Run 5 miles</b> You are working hard enough to maybe feel the burning sensation in your legs, increased breathing rate, and you feel like you can't go for very long, but if you quit recovery is quick.</p>	Rest	<p><b>Long run: 8 miles</b> This will be your expected race pace on the level and downhills. You are working hard enough to maybe feel the burning sensation in your legs, increased breathing rate, and you feel like you can't go for very long, but if you quit recovery is quick.</p>	20.5
10	<p><b>Run 5 miles</b> You are running at your fastest pace possible for 5 miles. Reasonable high intensity, fatigue sensations are apparent. You will feel "very tired" after this run.</p>	<p><b>Hill run 5 miles</b> On this day you will want to find a good size hill. Select either Government Way or Doomsday Hill and run up, jog down until mileage is complete.</p>	Rest	<p><b>Cross-Training</b> Pick a fun activity! Try something different - just make sure to get your heart rate up for about an hour!</p>	<p><b>Run 5 miles</b> You are running at your fastest pace possible for 5 miles. Reasonable high intensity, fatigue sensations are apparent. You will feel "very tired" after this run.</p>	Rest	<p><b>Run 8 miles</b> This will be your expected race pace on the level and downhills. You are working hard enough to maybe feel the burning sensation in your legs, increased breathing rate, and you feel like you can't go for very long, but if you quit recovery is quick.</p>	23

<p><b>11</b></p>	<p><b>Run 5 miles</b> You are running at your fastest pace possible for 5 miles. Reasonable high intensity, fatigue sensations are apparent. You will feel "very tired" after this run.</p>	<p><b>Interval run 3 miles</b> Warm up at an easy jog for 10 minutes. Now run at a hard pace for 4 minutes. Recover by slowing pace and jog for 45 seconds. Repeat 6 times. Cool down for 10 minutes.</p>	<p><b>Rest</b></p>	<p><b>Cross-Training</b> Pick a fun activity! Try something different - just make sure to get your heart rate up for about an hour!</p>	<p><b>Run 5 miles</b> You are running at your fastest pace possible for 5 miles. Reasonable high intensity, fatigue sensations are apparent. You will feel "very tired" after this run.</p>	<p><b>Rest</b></p>	<p><b>Run 8 miles</b> This will be your expected race pace on the level and downhills. You are working hard enough to maybe feel the burning sensation in your legs, increased breathing rate, and you feel like you can't go for very long, but if you quit recovery is quick.</p>	<p><b>21</b></p>
<p><b>12</b></p>	<p><b>Run 4 miles</b> Your pace will be difficult enough that you will be breathing hard and you will not want to talk much.</p>	<p><b>Run 3 miles</b> Throughout the run vary speeds from comfortable to fast. The intervals of fast should be short and hard (30-60 seconds), catching your breath between bursts.</p>	<p><b>Rest</b></p>	<p><b>Cross-Training</b> Pick a fun activity! Try something different - just make sure to get your heart rate up for about an hour!</p>	<p><b>Run 3 miles</b> You will be running hard enough to know you are exercising, but you can still have an active conversation.</p>	<p><b>Rest</b></p>	<p><b>Race Day! 7.46 miles</b></p>	<p><b>17.46</b></p>

For more training schedules and health and fitness resources, please visit [www.stepupandgo.org](http://www.stepupandgo.org)!