

BEGINNER TRAINING PROGRAM: 3 Runs per Week—Tempo, Pace, Long

| | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 6 | DAY 7 |
|----------------|-------|----------------|-------------|-------------------|-------------|-------|------------------|
| WEEK 1 | Rest | 2 mile Tempo | Cross Train | 2 mile pace | Cross Train | Rest | 3 mile Long Run |
| WEEK 2 | Rest | 2 mile Tempo | Cross Train | 2.5 mile pace +30 | Cross Train | Rest | 3 mile Long Run |
| WEEK 3 | Rest | 3 mile Tempo | Cross Train | 3 mile pace | Cross Train | Rest | 4 mile Long Run |
| WEEK 4 | Rest | 3.5 mile Tempo | Cross Train | 3.5 mile pace +30 | Cross Train | Rest | 4 mile Long Run |
| WEEK 5 | Rest | 4 mile Tempo | Cross Train | 4 mile pace | Cross Train | Rest | 5 mile Long Run |
| WEEK 6 | Rest | 4 mile Tempo | Cross Train | 4 mile pace +30 | Cross Train | Rest | 5 mile Long Run |
| WEEK 7 | Rest | 4.5 mile Tempo | Cross Train | 4.5 mile pace | Cross Train | Rest | 6 mile Long Run |
| WEEK 8 | Rest | 4.5 mile Tempo | Cross Train | 4.5 mile pace +30 | Cross Train | Rest | 6 mile Long Run |
| WEEK 9 | Rest | 5 mile Tempo | Cross Train | 5 mile pace | Cross Train | Rest | 7 mile Long Run |
| WEEK 10 | Rest | 5 mile Tempo | Cross Train | 5 mile pace +30 | Cross Train | Rest | 8 mile Long Run |
| WEEK 11 | Rest | 5.5 mile Tempo | Cross Train | 5 mile pace | Cross Train | Rest | 9 mile Long Run |
| WEEK 12 | Rest | 4 mile Tempo | Cross Train | 2 mile pace | Cross Train | Rest | 3 mile Long Run |
| WEEK 13 | Rest | 3 mile Tempo | Cross Train | 2 mile pace | Cross Train | Rest | RACE DAY! |

Tempo: Start out slow, build up in middle, cool down, all at your own comfort level. (**Example:** Warm up for half mile at 10 mpm*, run 2 miles at 9.5 mpm, cool down back at 10 mpm.)

Pace: The pace you want to run the entire race at. If it has a +30, it means run at your pace and add on 30 seconds for each mpm. (**Example:** If you know you want to complete the half marathon in 2:00 hours your pace will be a 9:09 average mpm. Do the entire mileage at that pace or add on the 30 secs for a 9:39 pace.)

Long Run: Just run the distance. Don't worry about pace or time.

Rest Days: Focus on stretching and recovery. This can include light yoga and/or meditation.

Ideas for Cross Training: Bike, Elliptical, Stairs, Weight training, Swim, Walk for at least 30 minutes.

All runs can be done easily on a treadmill as well as outside. Find what works for you and mix it up!

*mpm=minute per mile



AF CANYON
RUN AGAINST CANCER

Join the **fight.**

www.afcanyonrun.com