

# New Runner Interval Schedule

| Week | Thurs Group<br>Run Dates | <i>run</i><br><i>time</i> | total<br>time | warm<br>up | <i>running minutes are in italicized bold</i><br>walking minutes are in normal print |   |   |     |           |    |                     |    |          |    |          |   |          |    |          |    |          | <i>run</i><br><i>time</i> | total<br>time |   |    |    |
|------|--------------------------|---------------------------|---------------|------------|--|---|---|-----|-----------|----|---------------------|----|----------|----|----------|---|----------|----|----------|----|----------|---------------------------|---------------|---|----|----|
| 1    | 2-Sep                    | <b>10</b>                 | 38            | 5          | <b>1</b>   | 2 | <b>1</b>  | 2   | <b>1</b>  | 2  | <b>1</b>            | 2  | <b>1</b> | 2  | <b>1</b> | 2 | <b>1</b> | 2  | <b>1</b> | 2  | <b>1</b> | 2                         | <b>1</b>      | 5 | 10 | 38 |
| 2    | 9-Sep                    | <b>13</b>                 | 41            | 5          | <b>1</b>   | 2 | <b>1</b>  | 2   | <b>2</b>  | 2  | <b>1</b>            | 2  | <b>2</b> | 2  | <b>1</b> | 2 | <b>2</b> | 2  | <b>1</b> | 2  | <b>1</b> | 2                         | <b>1</b>      | 5 | 13 | 41 |
| 3    | 16-Sep                   | <b>16</b>                 | 40            | 5          | <b>1</b>   | 2 | <b>2</b>  | 2   | <b>2</b>  | 2  | <b>3</b>            | 2  | <b>2</b> | 2  | <b>2</b> | 2 | <b>2</b> | 2  | <b>2</b> | 5  | 16       | 40                        |               |   |    |    |
| 4    | 23-Sep                   | <b>17</b>                 | 41            | 5          | <b>1</b>   | 2 | <b>2</b>  | 2   | <b>3</b>  | 2  | <b>2</b>            | 2  | <b>3</b> | 2  | <b>2</b> | 2 | <b>2</b> | 2  | <b>2</b> | 5  | 17       | 41                        |               |   |    |    |
| 5    | 30-Sep                   | <b>19</b>                 | 41            | 5          | <b>2</b>   | 2 | <b>3</b>  | 2   | <b>3</b>  | 2  | <b>3</b>            | 2  | <b>3</b> | 2  | <b>3</b> | 2 | <b>2</b> | 5  | 19       | 41 |          |                           |               |   |    |    |
| 6    | 7-Oct                    | <b>22</b>                 | 42            | 5          | <b>3</b>   | 2 | <b>4</b>  | 2   | <b>4</b>  | 2  | <b>4</b>            | 2  | <b>4</b> | 2  | <b>3</b> | 5 | 22       | 42 |          |    |          |                           |               |   |    |    |
| 7    | 14-Oct                   | <b>28</b>                 | 48            | 5          | <b>4</b>   | 2 | <b>5</b>  | 2   | <b>5</b>  | 2  | <b>5</b>            | 2  | <b>5</b> | 2  | <b>4</b> | 5 | 28       | 48 |          |    |          |                           |               |   |    |    |
| 8    | 21-Oct                   | <b>36</b>                 | 56            | 5          | <b>5</b>   | 2 | <b>6</b>  | 2   | <b>7</b>  | 2  | <b>6</b>            | 2  | <b>7</b> | 2  | <b>5</b> | 5 | 36       | 56 |          |    |          |                           |               |   |    |    |
| 9    | 28-Oct                   | <b>40</b>                 | 60            | 5          | <b>6</b>   | 2 | <b>7</b>  | 2   | <b>7</b>  | 2  | <b>7</b>            | 2  | <b>7</b> | 2  | <b>6</b> | 5 | 40       | 60 |          |    |          |                           |               |   |    |    |
| 10   | 4-Nov                    | <b>38</b>                 | 54            | 5          | <b>8</b>   | 2 | <b>10</b>   | 2   | <b>10</b> | 2  | <b>10</b>           | 5  | 38       | 54 |          |   |          |    |          |    |          |                           |               |   |    |    |
| 11   | 11-Nov                   | <b>47</b>                 | 63            | 5          | <b>11</b>  | 2 | <b>12</b>   | 2   | <b>12</b> | 2  | <b>12</b>           | 5  | 47       | 63 |          |   |          |    |          |    |          |                           |               |   |    |    |
| 12   | 18-Nov                   | <b>45</b>                 | 61            | 5          | <b>15</b>  | 3 | <b>15</b>   | 3   | <b>15</b> | 5  | 45                  | 61 |          |    |          |   |          |    |          |    |          |                           |               |   |    |    |
| 13   | 25-Nov                   | <b>45</b>                 | 61            | 5          | <b>15</b>  | 3 | <b>15</b>   | 3   | <b>15</b> | 5  | <i>Thanksgiving</i> |    |          |    |          |   |          | 45 | 61       |    |          |                           |               |   |    |    |
| 14   | 2-Dec                    | <b>50</b>                 | 65            | 5          | <b>25</b>  | 5 | <b>25</b>   | 5   | 50        | 65 |                     |    |          |    |          |   |          |    |          |    |          |                           |               |   |    |    |
| 15   | 9-Dec                    | <b>60</b>                 | 70            | 5          | <b>30</b>  | 5 | <b>30</b>   | 60  | 70        |    |                     |    |          |    |          |   |          |    |          |    |          |                           |               |   |    |    |
| 16   | 16-Dec                   | <b>60</b>                 | 70            | 5          | <b>60</b>  | 5 | 60  | 70  |           |    |                     |    |          |    |          |   |          |    |          |    |          |                           |               |   |    |    |
| 17   | 23-Dec                   | <b>60</b>                 | 70            | 5          | <b>60</b>  | 5 | <i>ASL Winter Break - starts 17 Dec</i>           |     |           |    |                     |    |          | 60 | 70       |   |          |    |          |    |          |                           |               |   |    |    |
| 18   | 30-Dec                   | <b>60</b>                 | 70            | 5          | <b>60</b>  | 5 | <i>Winter Break</i>                               |     |           |    |                     |    |          | 60 | 70       |   |          |    |          |    |          |                           |               |   |    |    |
| 19   | 6-Jan                    | <b>60</b>                 | 70            | 5          | <b>60</b>  | 5 | <i>Winter Break - ASL starts again Mon 10 Jan</i> |     |           |    |                     |    |          | 60 | 70       |   |          |    |          |    |          |                           |               |   |    |    |
| 20   | 13-Jan                   | <b>60</b>                 | 70            | 5          | <b>60</b>  | 5 | 60  | 70  |           |    |                     |    |          |    |          |   |          |    |          |    |          |                           |               |   |    |    |
| 21   | 20-Jan                   | <b>60</b>                 | 70            | 5          | <b>60</b>  | 5 | 60  | 70  |           |    |                     |    |          |    |          |   |          |    |          |    |          |                           |               |   |    |    |
| 22   | 27-Jan                   | <b>70</b>                 | 80            | 5          | <b>70</b>  | 5 | 70  | 80  |           |    |                     |    |          |    |          |   |          |    |          |    |          |                           |               |   |    |    |
| 23   | 3-Feb                    | <b>80</b>                 | 90            | 5          | <b>80</b>  | 5 | 80  | 90  |           |    |                     |    |          |    |          |   |          |    |          |    |          |                           |               |   |    |    |
| 24   | 10-Feb                   | <b>90</b>                 | 100           | 5          | <b>90</b>  | 5 | 90  | 100 |           |    |                     |    |          |    |          |   |          |    |          |    |          |                           |               |   |    |    |
| 25   | 17-Feb                   | <b>100</b>                | 110           | 5          | <b>100</b>   | 5 | 100   | 110 |           |    |                     |    |          |    |          |   |          |    |          |    |          |                           |               |   |    |    |
| 25   | 24-Feb                   | <b>60</b>                 | 70            | 5          | <b>60</b>  | 5 | <i>February Break</i>                             |     |           |    |                     |    |          | 60 | 70       |   |          |    |          |    |          |                           |               |   |    |    |
| 27   | 3-Mar                    | <b>110</b>                | 115           | 0          | <b>110</b>   | 5 | 110   | 115 |           |    |                     |    |          |    |          |   |          |    |          |    |          |                           |               |   |    |    |
| 28   | 10-Mar                   | <b>120</b>                | 125           | 0          | <b>120</b>   | 5 | 120   | 125 |           |    |                     |    |          |    |          |   |          |    |          |    |          |                           |               |   |    |    |
| 29   | 17-Mar                   | <b>90</b>                 | 95            | 0          | <b>90</b>  | 5 | 90  | 95  |           |    |                     |    |          |    |          |   |          |    |          |    |          |                           |               |   |    |    |
| 29   | 24-Mar                   | <b>135</b>                | 140           | 0          | <b>135</b>   | 5 | 135   | 140 |           |    |                     |    |          |    |          |   |          |    |          |    |          |                           |               |   |    |    |
| 29   | 31-Mar                   | <b>45</b>                 | 50            | 0          | <b>45</b>  | 5 | 45  | 50  |           |    |                     |    |          |    |          |   |          |    |          |    |          |                           |               |   |    |    |

Big Ben!!!

**Half Marathon - Berlin - 3 April 2021**

# New Runner Training Program

|        | Thursday<br>long<br>run | Weekend<br>short<br>run | Following<br>Tuesday<br>med run |  |
|--------|-------------------------|-------------------------|---------------------------------|--|
| 2-Sep  | 10/38                   | 10/38                   | 10/38                           | <p>For the first seven weeks, try to run two times a week. We'll run together on Thursday mornings, then you should repeat what we did on the following Tuesday (as a group if possible - without me). If you are eager to "get going" then add a workout on the weekend. If you are quite active already, feel free to repeat the same run again on the weekend. If you are new to impact sport, then don't run on the weekend but feel free to do a very, very brisk walk of the same total minutes (for example - 38 minutes for week one). There is nothing wrong with not working out on the weekend for the first 7 weeks of the program. If you are worried about "burning out" then just run twice a week until November when we'll add a 3rd weekly run. Always remember to jog SLOWLY. You should be able to talk comfortably while you are jogging.</p> |
| 9-Sep  | 13/41                   | 13/41                   | 13/41                           |  |
| 16-Sep | 16/43                   | 16/43                   | 16/43                           |  |
| 23-Sep | 17/44                   | 17/44                   | 17/44                           |  |
| 30-Sep | 19/44                   | 19/44                   | 19/44                           |  |
| 7-Oct  | 22/42                   | 22/42                   | 28/48                           |  |
| 14-Oct | 28/48                   | 28/48                   | 36/56                           |  |
| 21-Oct | 36/56                   | 30/40                   | 36/56                           | <p>For the next eight weeks, we will continue with the long run as a group on Thursdays. At this point, it is important that you are repeating this long run sometime before the following Thursday (ideally as a group on Tuesday mornings). If you are doing a weekend run, it should now become shorter than what we are doing on Thursdays. That short run should be 30 minutes of jogging time out of 40-45 minutes total time (something like 7.5 min jog followed by 2 min walk break repeated 4 times would work or three 10 min jogs separated by 2 min walk breaks). If you have been walking on the weekends as a 3rd workout, you could consider changing that walk into the short run. If you have not been doing a weekend workout, it's time to consider adding in a walking workout or a short jog.</p>  |
| 28-Oct | 40/60                   | 30/40                   | 40/60                           |  |
| 4-Nov  | 38/54                   | 30/40                   | 38/54                           |  |
| 11-Nov | 47/63                   | 30/40                   | 47/63                           |  |
| 18-Nov | 45/60                   | 30/40                   | 45/60                           |  |
| 25-Nov | 45/60                   | 30/40                   | 45/60                           |  |
| 2-Dec  | 50/65                   | 30/40                   | 50/65                           |  |
| 9-Dec  | 60/70                   | 30/40                   | 60/70                           |  |
| 16-Dec | 60                      | 35                      | 45                              | <p>From now through March, run three times each week if possible - one run will be the long run we do together on Thursdays, one run should be a medium distance run of about 45 minutes with no walking breaks and one will be a 35 min run without walking breaks. We will sort out runs over the holiday season - no worries! This program will be adjusted as we go to accommodate any scheduling issues, injuries, travel, etc. Just let me know what your needs/concerns/worries are and we'll figure out what will work for you.</p> <p>Throughout the program we do not concentrate on pace except that we keep the speed very slow. This is key for success in learning how to run long distances. If you are frustrated with the slow pace of the beginner group, let me know. You are always welcome to jump up to join our next level of runners.</p>  |
| 23-Dec | 60                      | 35                      | 45                              |  |
| 30-Dec | 60                      | 35                      | 45                              |  |
| 6-Jan  | 60                      | 35                      | 45                              |  |
| 13-Jan | 60                      | 35                      | 45                              |  |
| 20-Jan | 60                      | 35                      | 45                              |  |
| 27-Jan | 70                      | 35                      | 45                              |  |
| 3-Feb  | 80                      | 35                      | 45                              |  |
| 10-Feb | 90                      | 35                      | 60                              |  |
| 17-Feb | 100                     | 35                      | 45                              |  |
| 24-Feb | 60                      | 35                      | 45                              |  |
| 3-Mar  | 110                     | 35                      | 45                              |  |
| 10-Mar | 120                     | 35                      | 45                              |  |
| 17-Mar | 90                      | 35                      | 60                              |  |