



BEGINNER

10-WEEK TRAINING

Training Plan provided by Lincoln Running Company

WEEK ONE

10 weeks to prepare for the Early Bird 10 Miler! 10 weeks to get better and stay healthy. Get some strength stuff started and you will accomplish both – along with this running schedule... you got this!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>EASY</i>	<i>MEDIUM</i>	<i>MEDIUM +</i>	<i>EASY</i>	<i>MEDIUM</i>	<i>EASY</i>	<i>MEDIUM</i>
WARM-UP: None WORKOUT: An off day to start the week?? YOU BET! COOL DOWN: None	WARM-UP: None WORKOUT: 3 miles Find a hilly route if you can and just run it – nothing fancy – just getting used to some hills COOL DOWN: None	WARM-UP: None WORKOUT: 3 miles 3 Bears Run – not too slow – not too fast – just right! 4 “pick ups” after the run – these are about 50 meters long and a bit quicker than you normally run. Bringing out the fast stuff in our bodies! COOL DOWN: None	WARM-UP: None WORKOUT: Off COOL DOWN: None	WARM-UP: None WORKOUT: 4 mile Progressive run Start out SLOW! Then each mile get about 5-10 seconds faster! Make to last 5 minutes An easy cool down! COOL DOWN: None	WARM-UP: None WORKOUT: Off it’s a RUF day! Rest Up Friday! COOL DOWN: None	WARM-UP: None WORKOUT: 4-5 miles COOL DOWN: None
MILEAGE TOTAL: 0	MILEAGE TOTAL: 3	MILEAGE TOTAL: 3	MILEAGE TOTAL: 0	MILEAGE TOTAL: 4	MILEAGE TOTAL: 0	MILEAGE TOTAL: 4-5

WEEK TWO

Doing some little “doable” things to get ready for bigger workouts! Each one of these little things will add to your confidence!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>EASY</i>	<i>MEDIUM +</i>	<i>MEDIUM</i>	<i>EASY</i>	<i>MEDIUM +</i>	<i>EASY</i>	<i>MEDIUM</i>
WARM-UP: None WORKOUT: 2-3 mile walk. Sundays are for AWE Walks! OR for NO WALKS! You decide – either way - head out to nature and rejuvenate your soul! COOL DOWN: None	WARM-UP: None WORKOUT: 3 miles Head to that hilly route again – this week let’s work the uphill – just a bit! COOL DOWN: None	WARM-UP: None WORKOUT: 3 miles Steady Run – keep it honest – then 4 pick ups after the run COOL DOWN: None	WARM-UP: None WORKOUT: Off - yep again! COOL DOWN: None	WARM-UP: 1+ Miles WORKOUT: Going to push ourselves a bit! So do your warm up – a bit over a mile – then for the next 5 minutes push the pace (just a bit- nothing crazy!) COOL DOWN: 1+ Miles	WARM-UP: None WORKOUT: It’s a RUF day! 🐔 COOL DOWN: None	WARM-UP: None WORKOUT: 4-5 miles COOL DOWN: None
MILEAGE TOTAL: 0-3	MILEAGE TOTAL: 3	MILEAGE TOTAL: 3	MILEAGE TOTAL: 0	MILEAGE TOTAL: 3	MILEAGE TOTAL: 0	MILEAGE TOTAL: 4-5

WEEK THREE

Adding some miles to your week. Your body can adjust to anything we throw at it – as long as we give it time to adjust to what we're throwing!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>EASY</i>	<i>MEDIUM</i>	<i>MEDIUM +</i>	<i>EASY</i>	<i>MEDIUM</i>	<i>EASY</i>	<i>MEDIUM</i>
WARM-UP: None WORKOUT: AWE WALK! This is as important as a good workout day – this is the time to recover – physically and mentally! COOL DOWN: None	WARM-UP: 1 Mile WORKOUT: 3 UP HILLS this week! Find a good hill – 45-60 seconds to get up it..... Warm up to the hill then run hard up the hill 4 times and very easy and light on the down hill cool down back to home! COOL DOWN: 1 Mile	WARM-UP: 1 Mile WORKOUT: Tempo Tuesday! 7-9 minutes at that bit of a push – we call this “tempo pace”. When you get done with your tempo pace you should feel tired but good, you SHOULD NOT WANT TO THROW UP (that’s too fast) COOL DOWN: 1 Mile	WARM-UP: None WORKOUT: Off! COOL DOWN: None	WARM-UP: None WORKOUT: A 3 Bears Run Not too slow Not too fast Just right! COOL DOWN: None	WARM-UP: None WORKOUT: Easy peasy 3 miles COOL DOWN: None	WARM-UP: None WORKOUT: 5-6 milesbuilding, building! COOL DOWN: None
MILEAGE TOTAL: 0-3	MILEAGE TOTAL: 3	MILEAGE TOTAL: 3	MILEAGE TOTAL: 0	MILEAGE TOTAL: 3	MILEAGE TOTAL: 4	MILEAGE TOTAL: 5-6



GOAL SETTING IS NOT A MIND GAME. IT IS A PROCESS OF DEVELOPING THE INTERNAL WILLPOWER TO ACCOMPLISH WHAT YOU HAVE SET OUT TO DO.

WEEK FOUR

Adding some fun to the hills – be sure to pace yourself on the first one so you can go a bit further every repeat! FUN is the name of the game this week!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>EASY</i>	<i>MEDIUM +</i>	<i>MEDIUM</i>	<i>EASY</i>	<i>MEDIUM +</i>	<i>EASY</i>	<i>MEDIUM</i>
WARM-UP: None WORKOUT: AWE WALK TIME! Get out and enjoy a new park or trail! COOL DOWN: None	WARM-UP: 1+ Miles WORKOUT: Uphills again – this time we are going to play a game called Stretch Intervals! You need 2 socks – warm up to your hill – Run 30 seconds “fairly hard” up the hill and drop one of your socks, jog back down. Run harder for 30 seconds up the hill – this time going past the sock you dropped. Drop the 2nd sock – pick up the first one on the way down. Repeat 4 more times, each time going further! COOL DOWN: 1+ Miles back home	WARM-UP: None WORKOUT: 5 miles Easy day today – just enjoy the run! COOL DOWN: None	WARM-UP: None WORKOUT: Off! COOL DOWN: None	WARM-UP: 1.5 Mile WORKOUT: Adding that tempo to the run again today! Warm up 1.5 miles – then run 10 minutes at that tempo pace – sometimes called “comfortably hard” Then you cool down your 1.5 miles and you’re done!! COOL DOWN: None	WARM-UP: None WORKOUT: Easy peasy 3 miles COOL DOWN: None	WARM-UP: None WORKOUT: 5-6 miles – let’s get this distance down before adding more to the long run! COOL DOWN: None
MILEAGE TOTAL: 0-3	MILEAGE TOTAL: 3-4	MILEAGE TOTAL: 4	MILEAGE TOTAL: 0	MILEAGE TOTAL: 4	MILEAGE TOTAL: 3	MILEAGE TOTAL: 5-6

WEEK FIVE

Half way there! Every long run from now on out is a dress rehearsal! *Sleep well the night before *Run in the morning (the race is in the morning) *Eat what you will race morning *Hydrate like you will race morning *Experiment with apparel.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>EASY</i>	<i>MEDIUM +</i>	<i>MEDIUM</i>	<i>EASY</i>	<i>MEDIUM +</i>	<i>EASY</i>	<i>MEDIUM</i>
WARM-UP: None WORKOUT: Because they are SO good for you – another walk in nature...AWE WALK 3 miles! COOL DOWN: None	WARM-UP: 1 Mile WORKOUT: Stretch intervals again – Don't forget your socks!!! 6 of them this time! COOL DOWN: 1 Mile	WARM-UP: None WORKOUT: Easy 4 miler – letting the legs recover from the downhills! They will thank you for it by getting stronger! COOL DOWN: 1 Mile	WARM-UP: None WORKOUT: It's an OFF day!!! COOL DOWN: None	WARM-UP: 1 Mile WORKOUT: Warm up your 1 mile – then run 5 minutes at your tempo pace, then 5 minutes easy, then 5 minutes at your tempo pace again! COOL DOWN: 1.5 Miles	WARM-UP: None WORKOUT: Nice and easy 3 miler! COOL DOWN: None	WARM-UP: None WORKOUT: 6-8 miles – do the distance you are comfortable with! COOL DOWN: None
MILEAGE TOTAL: 0-3	MILEAGE TOTAL: 4	MILEAGE TOTAL: 4	MILEAGE TOTAL: 0	MILEAGE TOTAL: 4	MILEAGE TOTAL: 3	MILEAGE TOTAL: 6-8



“PHYSICAL TRAINING TAKES PLACE AT THE LEVEL OF THE CELL. THAT'S WHY NOTHING IS MORE IMPORTANT IN TRAINING THAN PATIENCE. – JOHN JEROME, *THE ELEMENTS OF EFFORT*


WEEK SIX

Oh man – now the fun begins! Miles, speed, tempo...it's all there this week! Enjoy and stay healthy by doing all the LITTLE things right! Adequate sleep, fueling, hydration, rest and recovery days..... All are as important as the workouts!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>EASY</i>	<i>MEDIUM +</i>	<i>MEDIUM</i>	<i>EASY</i>	<i>MEDIUM +</i>	<i>EASY</i>	<i>MEDIUM</i>
WARM-UP: None WORKOUT: Starting the week off right with an ...you got itAWE WALK! 3-4 miles of fun and nature! COOL DOWN: None	WARM-UP: 1.5 Mile WORKOUT: 6 x downhills YEP – you read that right DOWNHILLS! They are so much fun – but they can beat you up so take it easy this first time.... Easy uphill and fast downhill. You'll be pounding a bit but that is ok – we are beating the legs up and then letting them recover and get stronger! COOL DOWN: 1.5 Miles	WARM-UP: None WORKOUT: Easy 4 miler - letting the legs recover from the downhills! They thank you for it by getting stronger! COOL DOWN: A couple minutes	WARM-UP: None WORKOUT: It's an OFF day again!  COOL DOWN: None	WARM-UP: 1 Mile WORKOUT: BEST DAY EVER!!! Some fast stuff!! Don't stress – look forward to this, and remember – fast is relative! SO - 1 minute hard then 1 minute easy, 2 minutes hard then 2 minutes easy. Repeat 3 times. With the warm up and cooldown this will be about 4 miles! COOL DOWN: 1 Mile	WARM-UP: None WORKOUT: Easy recovery runhow slow can you go??  COOL DOWN: None	WARM-UP: None WORKOUT: 6-8 miles Again – getting our bodies used to this distance for the long run before we “bump” it up! COOL DOWN: None
MILEAGE TOTAL: 0-4	MILEAGE TOTAL: 4	MILEAGE TOTAL: 4-5	MILEAGE TOTAL: 0	MILEAGE TOTAL: 4	MILEAGE TOTAL: 4	MILEAGE TOTAL: 6-8

WEEK SEVEN

Another week of getting the work in. This is the part where it may become a grind....just keep that 10 mile in your scope!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>EASY</i>	<i>MEDIUM +</i>	<i>MEDIUM</i>	<i>EASY</i>	<i>MEDIUM +</i>	<i>EASY</i>	<i>MEDIUM</i>
WARM-UP: None WORKOUT: Of course we will have an AWE WALK! Never more needed than a couple weeks out from a race!! 3-4 miles COOL DOWN: None	WARM-UP: 1.5 Miles WORKOUT: 6 x downhills Here we go again! Down the hill hard and up the hill easy! COOL DOWN: 1.5 Miles	WARM-UP: None WORKOUT: This is a 3 Bears Run..... remember - not too slow - not too fast - but JUST RIGHT! COOL DOWN: None	WARM-UP: None WORKOUT: Off day - go for a walk in some sunshine (fingers crossed on the sunshine)  COOL DOWN: None	WARM-UP: 1 Mile WORKOUT: Longer tempo - pushing ourselves to see what we can do! 10 minute tempo, 5 minutes easy, 5 minute tempo COOL DOWN: 1 Mile	WARM-UP: None WORKOUT: Recovery 4 miler! COOL DOWN: None	WARM-UP: None WORKOUT: 8 miles and enjoy every mile of it! COOL DOWN: None
MILEAGE TOTAL: 0-4	MILEAGE TOTAL: 4	MILEAGE TOTAL: 4	MILEAGE TOTAL: 0	MILEAGE TOTAL: 4-5	MILEAGE TOTAL: 4	MILEAGE TOTAL: 8



RUNNING TELLS US THE GOOD NEWS ABOUT OURSELVES!

- GEORGE SHEEHAN IN *HEROS AND SPARROWS: A CELEBRATION OF RUNNING*

WEEK EIGHT

3 weeks til race day! Time to focus on the little things - I mean really focus! Get 7- 8 hours of sleep. Hydrate well. Fuel right. Think happy thoughts.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>EASY</i>	<i>MEDIUM</i>	<i>MEDIUM +</i>	<i>EASY</i>	<i>MEDIUM +</i>	<i>EASY</i>	<i>MEDIUM</i>
WARM-UP: None WORKOUT: AWE RUN for sure! 3 miles!! COOL DOWN: None	WARM-UP: 1.5 Miles WORKOUT: One more week of downhills and then back to rollers! 6-8 x downhills COOL DOWN: 1.5 Miles	WARM-UP: None WORKOUT: Progressive run for 4-5 miles - leave a couple minutes for a cooldown! Remember to start off slow and each mile get 5-10 seconds faster COOL DOWN: None	WARM-UP: None WORKOUT: Off! COOL DOWN: None	WARM-UP: 1.5 Mile WORKOUT: 5 miles steady with 4 pick ups after the run! Super simple - maybe not easy, but simple! COOL DOWN: None	WARM-UP: None WORKOUT: Ok - today is EASY! 3-4 miles whatever your body says is good COOL DOWN: None	WARM-UP: None WORKOUT: Here it is..... 8-10 miles! You got this! But you decide - once again, you know yourself and what you need! Do what YOU need to do! COOL DOWN: None
MILEAGE TOTAL: 0-3	MILEAGE TOTAL: 4	MILEAGE TOTAL: 4-5	MILEAGE TOTAL: 0	MILEAGE TOTAL: 6-5	MILEAGE TOTAL: 3-4	MILEAGE TOTAL: 8-10

WEEK NINE

Ok – time to back off with the miles BUT we can keep the intensity up. We are trying to minimize fatigue without compromising fitness!


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>EASY</i>	<i>MEDIUM</i>	<i>MEDIUM +</i>	<i>EASY</i>	<i>MEDIUM</i>	<i>EASY</i>	<i>MEDIUM</i>
WARM-UP: None WORKOUT: AWE WALK for sure! 2-3 miles!! COOL DOWN: None	WARM-UP: None  WORKOUT: Hilly route and just "roll" with it COOL DOWN: None	WARM-UP: 1 Mile WORKOUT: 10 minute tempo 5 minute easy 10 minute tempo COOL DOWN: 1 Mile	WARM-UP: None WORKOUT: Off! COOL DOWN: None	WARM-UP: None WORKOUT: Steady 4 miles and 4 pick ups! COOL DOWN: None	WARM-UP: None WORKOUT: Easy peasy 4 miles COOL DOWN: None	WARM-UP: None WORKOUT: 6 miles How great is this going to feel!? COOL DOWN: None
MILEAGE TOTAL: 0-3	MILEAGE TOTAL: 4	MILEAGE TOTAL: 5	MILEAGE TOTAL: 0	MILEAGE TOTAL: 4	MILEAGE TOTAL: 4	MILEAGE TOTAL: 6



“ IN ORDER TO BE SUCCESSFUL IN A RACE, YOU HAVE TO KNOW EXACTLY WHAT YOU WANT OUT OF IT. ” - BILL ROGERS

WEEK TEN

You are ready to run great! Trust your training – trust your fitness!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>EASY</i>	<i>MEDIUM</i>	<i>MEDIUM</i>	<i>EASY</i>	<i>EASY</i>	<i>MEDIUM</i>	IT'S RACE DAY!
WARM-UP: None WORKOUT: Take advantage of this last AWE WALK. Who knows – maybe you will incorporate this into your week! COOL DOWN: None	WARM-UP: None WORKOUT: Flat 3 miles!! COOL DOWN: None	WARM-UP: 1 Mile WORKOUT: 5 minutes at tempo pace COOL DOWN: 1.5 Miles	WARM-UP: None WORKOUT: Off! COOL DOWN: None	WARM-UP: None WORKOUT: Easy peasy 3 miles COOL DOWN: None	WARM-UP: None WORKOUT: 3 miles with 3 strides after! Notice how easy it feels to run the strides fast! COOL DOWN: None	 WARM-UP: 5-10 minutes WORKOUT: BOOM! It's here and you got this!! Enjoy every minute of this!!! COOL DOWN: 1 Mile
MILEAGE TOTAL: 0-3	MILEAGE TOTAL: 3	MILEAGE TOTAL: 3	MILEAGE TOTAL: 0	MILEAGE TOTAL: 3	MILEAGE TOTAL: 3	MILEAGE TOTAL: 11-12