

Training for the 1 ½ mile run and more

Start by purchasing proper running shoes and begin on the week using the next two slides which best represents your present running/walking history – for example

- Not walking regularly or involved in any active aerobic or sports type exercise? – start week 1
- You walk or exercise (but not jogging) regularly – start at week of similar distance walk or exercise (ie if you normally walk for 20 minutes start then start at week 2)
- You walk or exercise regularly (but not jogging) at least 30 min or more (you should start at week 4)
- You jog regularly, but less than 30 min (you should start at week 8)
- You are jogging regularly for 30 min or more per workout at least two times per week (you should proceed to slide 3 to find a suggested running program)

Initial Training

Week #	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
1 Walk	15 min	15 min	off	15 min	15 min	off	15 min
2 Walk	20 min	off	20 min	20 min	off	20 min	20 min
3 Walk	25 min	25 min	off	25 min	25 min	off	25 min
4 Walk or Walk/jog	30 min walk	off	5/1 for 30 min	30 min	off	5/1 for 30 min	off
5 Walk/jog	4/1 for 30 min	off	4/1 for 30 min	off	3/1 for 30 min	off	Off
6 Walk/jog	3/1 for 30 min	off	2/1 for 30 min	off	2/1 for 30 min	off	Off
7 Walk/jog	1/1 for 30 min	off	1/1 for 30 min	off	1/2 for 30 min	off	Off
8 Walk/jog	1/2 for 30 min	off	1/3 for 30 min	off	1/4 for 30 min	off	Off
9 Walk/jog or jog	1/5 for 30 min	off	1/10 for 30 min	off	Jog 30 min	off	off

Now That You Are Jogging 2 or 3 Days Per Week For At Least 30 minutes

(including a few minute warm-up and cool down)

- **Your bones, joints and muscles are ready for more intense running workouts, however, if a grassy area or cushioned track is available to run on – you might use it to reduce impact stresses**
- **Continue running two or three non consecutive days per week (no need to increase frequency more than that unless you are running more competitively)**
- **Although now during one run each week try one of the following workouts (described on the next slide) and then choose a different one each week. The other run or runs each week should be your easy 30 minute jog/s.**
 - **Tempo run**
 - **Hill Run**
 - **Interval workout–**

How to Put Tempo, Hill and Interval Runs in your Workout.

- **Tempo run** – after a warm-up, pick up the pace of your entire run until your heart rate reaches 80% of max or your breathing becomes deeper and more through your mouth. If you were a car and you had five gears the gear for this run would be third gear (your normal jogs would be second gear and a brisk walk would be first gear)
- **Hill Run** – after a warm-up, find a hilly route or use a treadmill with a slight grade (3 to 5%) and run up the hill (for say 30 seconds to a few minutes) and jog slowly down (or decrease incline on the treadmill) and repeat sequence for a total of thirty minutes (you might feel like gear # 4 going up the hilly portion as heart rates climb to 85 to 90% of max)
- **Interval workouts** – after a warm-up, try periods where you accelerate up to a fast speed for 10 seconds to a few minutes then slow down to a slow jog for a similar time frame or distance then repeat for a total of 30 minutes – you should also vary the interval distances periodically. The gear used for each interval should be about gear # 4 with heart rates reaching near 90% of max
- **What about Race Day or AF 1 ½ mile run testing?** – Have a day or two rest before and after the big day but this is where you let it all hang out. Try to keep a consistent and as fast a pace possible for whatever distance you are racing (hopefully you've learned what pace works for you by now). Heart rates will probably reach near max but your times will drop and your AF fitness scores will soar!