

# MY RUNNING PLANNER

MONTH

WEEK NO.

1

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

intermediate

# monday

- Drills (see pg. 3)
- Run for 30 minutes at your own, easy pace.

## *tips for success*

- No stops! 😊
- If you absolutely have to stop, time it. Don't exceed 30 seconds for each.
- Maintain good form (see pg. 4).
- Set small goals and trick your mind. Tell yourself, "I'm going to stop when I get to that bush." Then, after getting to the bush, "I'm going to rest when I reach that curb." ...and so on.
- DRINK WATER!!
- If you have a GPS watch, track your time and mileage on it. If you don't, you can also download the Under Armour running app (Map My Run) on your phone.

# drills

Pick out a space about 20 ft long and do each of the following exercises across the area once.

- high knees
- toe walks (walk on your toes, alternating pointing your feet out and in)
- heel walks (walk on your heels, alternating pointing your feet out and in)
- scoops (tutorial in [this article](#))
- A and B skips (tutorial in [this article](#))



# tips for good form

- Pick up your knees when running.
- Look in front of you (not up or down).
- When you are running up hills, run up the hill steadily (don't sprint, but you do have to work) and look towards the top.
- Relax your shoulders.
- Don't clench your fists. Instead, pretend that you are holding a fragile potato chip with your fingers.
- Move your arms (it helps open up your diaphragm).
- Don't let your arms cross in front of your body. Keep them pumping at your sides.
- Breathe IN through your nose and OUT through your mouth, or breath in for two steps, out for four.
- Pace your breathing and running.

# tuesday

- Cross-train: bike or walk for 45 minutes
- 5-minute core routine (see pg. 6)

## *tips for success*

- Try to make the cardio somewhat brisk (not quite intense, but get your heart rate up).
- Why do core exercises? Having a strong core will make you more stabilized and allow your arms and legs to move more freely. ([details here](#))
- DRINK WATER!!

# 5-min core routine

10 leg lifts (or 45 sec)

15 sec rest

20 russian twists (or 45 sec)

15 sec rest

30 crunches (or 45 sec)

15 sec rest

30 penguins (or 45 sec)

15 sec rest

1 min plank



# wednesday

- Drills (pg. 6)
- Run: 1-min run, 1-min walk. 2-min run, 1-min walk. 3-min run, 1-min walk. 4-min run, 1-min walk. Then back down the ladder.  
Each running interval should be **fast**.  
(workout credit: my middle school xc coaches ☺)
- 5-minute core routine
- At least 5 minutes of stretching

## *tips for success*

- No stops! Wait until the break.
- Make sure you go faster on the shorter intervals and slower on the longer intervals. You want to be able to last the entire time.
- Maintain good form.
- DRINK WATER!!

# thursday

- Cross-train: calisthenics training (see pg. 9)
- 15 minutes of stretching

## *tips for success*

- The less time you take for breaks, the better. If it's too easy, try each round with no rest. If it's too hard, take a 15-30-second rest between each exercise.
- Maintain good form. If you don't know how to do any of the exercises, look up a tutorial.
- Stretch what hurts or feels tight. Look up a stretching routine online if you don't know any stretches.
- DRINK WATER!!



# calisthenics workout

- 10 burpees (with pushup)
- 20 squats
- 30 jumping jacks
- 20 calf-raises
- 10 crunches (quick, no breaks)

repeat x6

# friday

- Drills (pg. 6)
- Run: 35 minutes at your own **moderate** pace
- 5-minute core routine
- At *least* 5 minutes of stretching

## *tips for success*

- Limit your stops. Try to stop less than you did on Monday.
- If you do stop, time each one. Don't exceed 30 seconds for each.
- Maintain good form.
- Stretch what hurts or feels tight. Lookup a stretching routine online if you don't know any stretches.

# saturday

- 15 minutes of stretching
- Email me and update me on how this week went. Tell me what was good, what was bad, and any questions you have, and I'll do my best to help. Tell me if it was too hard, too easy, etc., so I can adjust for next week.

## *tips for success*

- Recover!!
- Stretch and ice.



# sunday

- 15 minutes of stretching

## *tips for success*

- Recover!!
- Stretch and ice.

