



2021 Beginners Training Schedule

		Beginners stretch/ Experienced Core- training	Easy	Exp. xtrain or speed train	Race Pace -Uncomfortable to speak		Easy	Conversational Pace	Meeting Time
		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	2-Jan							2 miles	8:00a
1	Jan 3-9	Stretch and Core	2 miles	25 mins.	2 miles	REST!!!	2 miles	3 miles	8:00a
2	Jan 10-16	Stretch and Core	3 miles	25 mins.	2 miles	REST!!!	3 miles	4 miles	8:00a
3	Jan 17-23	Stretch and Core	4 miles	25 mins.	2.5 miles	REST!!!	3 miles	5 miles	8:00a
4	Jan 24-Jan 30	Stretch and Core	4 miles	30 mins.	3 miles	REST!!!	4 miles	6 miles	7:30a
5	Jan 31-Feb 6	Stretch and Core	4 miles	30 mins.	4 miles	REST!!!	5 miles	5K Progress Check	7:30a
6	Feb 7-13	Stretch and Core	4 miles	30 mins.	4 miles	REST!!!	5 miles	7 miles	7:30a
7	Feb 14-20	Stretch and Core	4 miles	35 mins.	5 miles	REST!!!	4 miles	8 miles	7:30a
8	Feb 2Feb 27	Stretch and Core	4 miles	35 mins.	5 miles	REST!!!	4 miles	9 miles	7:30a
9	Feb 28-Mar 6	Stretch and Core	5 miles	35 mins.	4 miles	REST!!!	5 miles	10 miles	7:00a
10	Mar 7-13	Stretch and Core	4 miles	35 mins.	5 miles	REST!!!	4 miles	10K Progress Check	7:00a
11	Mar 14-20	Stretch and Core	6 miles	40 mins.	5 miles	REST!!!	5 miles	11 miles	7:00a
12	Mar 21-27	Stretch and Core	6 miles	40 mins.	4 miles	REST!!!	5 miles	12 miles	7:00a
13	Mar 28-Apr 3	Stretch and Core	6 miles	40 mins.	5 miles	REST!!!	3 miles	8 miles	7:00a
14	April 4-10	Stretch and Core	5 miles	40 mins.	6 miles	REST!!!	5 miles	6 miles	7:30a
15	April 11-17	Stretch and Core	3 miles	30 mins.	3 miles	REST!!!	15mins.	RACE DAY!!!	STRETCH