

FF0000Spring Training Plan

Races: Get in Gear 10K April 26th, Team Ortho Downtown 10 Mile or Half Marathon June 1st

Long Run	Beginner	Interm.1	Interm.2
1-Mar	3 mi	4 mi	5mi
8-Mar	3.5	4	5
15-Mar	4	4.5	5.5
22-Mar	4	4.5	6
29-Mar	4.5	5	6
5-Apr	5	5.5	6.5
12-Apr	5.5	6	7
19-Apr	6	7	7
26-Apr	GIG 10K	GIG 10K	GIG 10K
3-May	7	8	8
10-May	8	9	9
17-May	9	10	10
24-May	8	8	8
31-May	off	off	off
1-Jun	10 miler	10 miler	10 miler

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8-Mar	3.5	4	5
15-Mar	4	4.5	5.5
22-Mar	4	4.5	6
29-Mar	4.5	5	6
5-Apr	5	5.5	6.5
12-Apr	5.5	6	7
19-Apr	6	7	7
26-Apr	GIG 10K	GIG 10K	GIG 10K
3-May	8	9	9
10-May	10	11	11
17-May	12	12 or 13	12 or 13
24-May	8	8	8
31-May	off	off	off
1-Jun	Half	Half	Half

**Training Tidbits:**

1. Your long run is generally your slowest run of the week. Take it easy. Your pace should be kept at a conversational level throughout the run.
2. Be realistic about the level you start at. Choose the level that meets your current long run distance. If you are below 3 miles you can still start with the beginner program. You may have to walk a bit more which is ok.
3. Walking is allowed and encouraged. Have a plan in place for your walk breaks, for example, run 6 minutes, walk 1 minute and so on. Another idea is to walk 1 minute for every mile.
4. Once you start running over an hour you NEED to carry fluids with you.
5. If you miss a week it is not the end of the world. Please consult with Kim to readjust your schedule. If you miss a few weeks in a row, you will want to rethink your goal.
6. Slow progression each week is key to keeping you healthy. Your body needs to adapt to the increase in miles and if you increase too much at one time you set yourself up for injury. If you are a beginner, do not increase your long run by more than 1 mile per week. If you are more experienced, in certain circumstances you can increase your long run by 2 miles each week.

**Get in Gear 10K Registration Information: [www.getingear10K.com](http://www.getingear10K.com)**

Race Saturday, April 26th, 9:30am, Minnehaha Park

Online registration available now, [www.active.com](http://www.active.com). Registration includes a 100% cotton race shirt.

\$23 + \$2.50 (processing fee) through Feb. 29th

\$25 + 2.63 (processing fee) through March 31st

\$27 + \$2.76 (processing fee) through April 15th

\$30 + \$2.95 (processing fee) through April 24th

\$35 - In store registration April 20-April 24th

\$38 - Onsite registration (Minnehaha Park) Friday, April 25th, LAST CHANCE TO REGISTER

\*\*New this year, a wicking shirt for an extra \$15 online registration only

**Team Ortho Downtown 10 Mile and Half Marathon Registration Information:**

**[www.teamortho.us](http://www.teamortho.us)**

Race Sunday, June 1st, 8am, The Depot, Downtown MPLS

Registration includes a technical half zip running top and a technical running hat