



6 Week Training Program to Complete The San Francisco Progressive Marathon/5K (3.1 Miles)* Compliments of the WOW Team – Join Us for Training

WEEK 1 June 14 - 20

_____	MONDAY	REST
_____	TUESDAY	Cross Training to include Strength and Core Training 30 – 60 minutes
_____	WEDNESDAY	1 hour Track workout with The WOW Team or REST
_____	THURSDAY	REST or 1 hour Track workout with The WOW Team
_____	FRIDAY	30 -60 minutes walk/run +30-60 minutes cross training. Must include some strength and core (15/15 minimum)
_____	SATURDAY	REST or Cross Train
_____	SUNDAY	1 Hour Walk/Run - Warm-up walk for 5 - 10 min, Walk/Run steady at 2/2 for 50 minutes or fill in the difference with straight walking. Total workout is 60 minutes plus stretching.

- *Note: A good place to start training is 2 minutes walking, 2 minutes running. Pick up the running time as you feel stronger.*
- *Allow time for stretching at the end of each workout*

WEEK 2 June 21 – 27, 2010

_____	MONDAY	REST
_____	TUESDAY	Cross Training to include Strength and Core Training 30 – 60 minutes
_____	WEDNESDAY	1 hour Track workout with The WOW Team or REST
_____	THURSDAY	REST or 1 hour Track workout with The WOW Team
_____	FRIDAY	30 -60 minutes walk/run +30-60 minutes cross training. Must include some strength and core (15/15 minimum)
_____	SATURDAY	REST or Cross Train
_____	SUNDAY	1 Hour Walk/Run - Warm-up walk for 5 - 10 min, Walk/Run steady at 2/2 for 55 minutes or fill in the difference with straight walking. Total workout is 65 minutes plus stretching.

WEEK 3 June 28 – July 4, 2010

_____	MONDAY	REST
_____	TUESDAY	Cross Training to include Strength and Core Training 30 – 60 minutes
_____	WEDNESDAY	1 hour Track workout with The WOW Team or REST
_____	THURSDAY	REST or 1 hour Track workout with The WOW Team
_____	FRIDAY	30 -60 minutes walk/run +30-60 minutes cross training. Must include some strength and core (15/15 minimum)
_____	SATURDAY	REST or Cross Train
_____	SUNDAY	1 Hour Walk/Run - Warm-up walk for 5 - 10 min, Walk/Run steady at 2/2 for 60 minutes or fill in the difference with straight walking. Total workout is 70 minutes plus stretching.

WEEK 4 July 5 - 11, 2010

_____	MONDAY	REST
_____	TUESDAY	Cross Training to include Strength and Core Training 30 – 60 minutes
_____	WEDNESDAY	1 hour Track workout with The WOW Team or REST
_____	THURSDAY	REST or 1 hour Track workout with The WOW Team
_____	FRIDAY	30 -60 minutes walk/run +30-60 minutes cross training. Must include some strength and core (15/15 minimum)
_____	SATURDAY	REST or Cross Train
_____	SUNDAY	FUN RUN Today! Join WOW at Point Isabel to test your racing skills and receive a ribbon! 5K is 3.1 miles. Go for it!

WEEK 5 July 12 – 18, 2010

_____	MONDAY	REST
_____	TUESDAY	Cross Training to include Strength and Core Training 30 – 60 minutes
_____	WEDNESDAY	1 hour Track workout with The WOW Team or REST
_____	THURSDAY	REST or 1 hour Track workout with The WOW Team
_____	FRIDAY	30 -60 minutes walk/run +30-60 minutes cross training. Must include some strength and core (15/15 minimum)
_____	SATURDAY	REST or Cross Train
_____	SUNDAY	1 Hour Walk/Run - Warm-up walk for 5 - 10 min, Walk/Run steady at 2/2 for 60 minutes or fill in the difference with straight walking. Total workout is 70 minutes plus stretching.



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WEEK 6 July 19 – 25, 2010

_____	MONDAY	REST
_____	TUESDAY	Cross Train 30 – 60 minutes
_____	WEDNESDAY	Track to keep your head in the game
_____	THURSDAY	REST
_____	FRIDAY	Walking Warm-up for 5 minutes, Walk/Run steady or cross train for 25 minutes
_____	SATURDAY	Walk 10 minutes easy
_____	SUNDAY	WALK/RUN YOUR RACE!! (Walk as much as you need to) Go the distance!! Hurrah!!

Details

- **For first time competitors. Even if you walk the entire race, you can complete a 5K with this training program.** You are building up your strength, endurance, and confidence with this program. You CAN DO THIS!!
- **By doing the workouts each week you will accrue miles to complete your progressive MARATHON!** (26.2 miles)
- **Always check with your doctor before beginning a new training program.**
- When the schedule says steady it means to keep a similar pace throughout and not to stop for breaks. This does not mean you can't alternate running and walking. Just keep moving for the entire time and use a common pace throughout. Start with running 2, walking 2 minutes. When you workout on your own you may vary this if you wish.
- When the schedule says "fast or brisk" make your pace FAST meaning it is not easy to talk, and you should be breathing HARD – not out of breath but deep and full breathing – no long conversations at this time.
- Cross Training (**X-Training**) refers to other kinds of exercise. This could be biking, hiking, boot camp, swimming, yoga, gym workouts, etc. One of the benefits of cross training is that it uses different muscle groups and provides a "change of pace".
- **The Goal is TO FINISH and ENJOY!**

Stretching

Always allow time for stretching...dynamic before your workout and static after you run! Ask Coach Stephanie if you need some suggestions. Contact Stephanie@askAboutRunning.com

"Do not be too timid and squeamish about your actions. All life is an experiment." - Ralph Waldo Emerson