

“RUN AGAIN” 2011 - RUN/WALK SCHEDULE - RUN THE FESTIVAL 5k July 9!

- Begin each session with 5:00 min. of easy, then gradually faster walking for warm-up, then begin the session
- On rest days from running, stay active with your favorite non-running forms of exercise, walking, hiking, etc.
- Run at the best time of day for you, on land or on treadmill
- Start by April 11 to allow time to prepare for National Cherry Festival 5K on July 9!

Note: The number before the forward slash on each session refers to the length of time needed for the run/walk workout

Week/Dates	Session 1	Session 2	Session 3
Week 1:	28/Run 1:00, walk 3:00, repeat 7 times	35/Run 2:00, walk 3:00, repeat 7 times	37/Run 2:30, walk 3:00, repeat 7 times
Week 2:	40/Run 3:00, walk 2:00, repeat 7 times	40/Run 3:00, walk 2:00, repeat 7 times	40/Run 3:00, walk 2:00, repeat 7 times
Week 3:	41/Run 4:00, walk 2:00, repeat 6 times	41/Run 4:00, walk 2:00, repeat 6 times	41/Run 4:00, walk 2:00, repeat 6 times
Week 4:	40/Run 5:00, walk 2:00, repeat 5 times	40/Run 5:00, walk 2:00, repeat 5 times	40/Run 5:00, walk 2:00, repeat 5 times
Week 5:	43/Run 6:00, walk :90, repeat 5 times	43/Run 6:00, walk :90, repeat 5 times	43/Run 6:00, walk :90, repeat 5 times
Week 6:	41/Run 7:00, walk :90, repeat 4 times	41/Run 7:00, walk :90, repeat 4 times	41/Run 7:00, walk :90, repeat 4 times
Week 7:	41/Run 8:00, walk 1:00, repeat 4 times	41/Run 8:00, walk 1:00, repeat 4 times	41/Run 8:00, walk 1:00, repeat 4 times
Week 8:	37/Run 9:00, walk 1:00, repeat 3 times	37/Run 9:00, walk 1:00, repeat 3 times	37/Run 9:00, walk 1:00, repeat 3 times
Week 9:	41/Run 10:00, walk 2:00, repeat 3 times	36/Run 15:00, walk 1:00, repeat 2 times	Warm-up then Run 30:00 non-stop!
Week 10:	Warm-up then Run 30:00 non-stop!	Warm-up then Run 30:00 non-stop!	Warm-up then Run 30:00 non-stop!
From Then on...	Set goals! Volunteer!	Run a 5K! Start a group!	Cross a finish line!

At the end of each running session, allow 5-10 minutes to cool down with easy relaxed walking and stretching!

Run Again’s Rules of Success:

- #1 - Moderation** - Train gradually to allow your body to remember the unique demands of running, i.e., follow the schedule
- #2 - Consistency & Rest** - Do not skip training days, or try to make up for missed training days and ensure one rest day between the 3 scheduled training sessions, e.g., follow an every other day format like a Monday, Wednesday, Friday schedule, or a Tuesday, Thursday, Saturday schedule. It is okay to let two days pass without a run, but try to avoid letting more than 3 days pass without a run.
- #3 - Slow down** - If you think you are not running fast enough, slow down a little bit more! There will be time to run fast later!

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