

# Get Your Rear in Gear

## Philadelphia

### 4 Mile Training Program



Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
#1				Jan 14 Start 0.5 mile run/jog	Jan 15 Rest	Jan 16 1 mile run/jog	Jan 17 20-30 min walk
#2	Jan 18 Rest/XT	Jan 19 1 mile run/jog	Jan 20 Rest/XT	Jan 21 1 mile run	Jan 22 Rest	Jan 23 1.25 mile run/jog	Jan 24 25-35 min walk/bicycle
#3	Jan 25 Rest/XT	Jan 26 1.25 mile run/jog	Jan 27 Rest/XT	Jan 28 1 mile run	Jan 29 Rest	Jan 30 1.5 mile run/jog	Jan 31 35-45 min walk
#4	Feb 1 Rest/XT	Feb 2 1.5 mile run	Feb 3 Rest/XT	Feb 4 1.25 mile run	Feb 5 Rest	Feb 6 1.5 mile run	Feb 7 40-60 min walk/bicycle
#5	Feb 8 Rest/XT	Feb 9 1.5 mile run	Feb 10 Rest/XT	Feb 11 1.0 mile run	Feb 12 Rest	Feb 13 1.75 mile run	Feb 14 45-60 min walk

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
#6	Feb 15 Rest/XT	Feb 16 1.75 mile run	Feb 17 Rest/XT	Feb 18 1.5 mile run	Feb 19 Rest	Feb 20 2 mile run	Feb 21 45-60 min walk/bicycle
#7	Feb 22 Rest/XT	Feb 23 2 mile run	Feb 24 Rest/XT	Feb 25 1.75 mile run	Feb 26 Rest	Feb 27 2.5 mile run	Feb 28 50-60 min walk
#8	Feb 29 Rest/XT	Mar 1 2.5 mile run	Mar 2 Rest/XT	Mar 3 2.25 mile run	Mar 4 Rest	Mar 5 2.75 mile run	Mar 6 50-60 min walk/bicycle
#9	Mar 7 Rest/XT	Mar 8 2.75 mile run	Mar 9 Rest/XT	Mar 10 2.5 mile run	Mar 11 Rest	Mar 12 3 mile run	Mar 13 55-60 min walk
#10	Mar 14 Rest/XT	Mar 15 3 mile run	Mar 16 Rest/XT	Mar 17 2.75 mile run	Mar 18 Rest	Mar 19 3.5 mile run	Mar 20 55-60 min walk/bicycle
#11	Mar 21 Rest/XT	Mar 22 3 mile run	Mar 23 Rest/XT	Mar 24 2.75 mile run	Mar 25 Rest	Mar 26 3.5 mile run	Mar 27 60 min walk
#12	Mar 28 Rest/XT	Mar 29 3.5 mile run	Mar 30 Rest/XT	Mar 31 3 mile run	April 1 Rest	April 2 Rest	April 3 4 mile Race

**NOTES:**

**XT: Cross Training:** Cross Training is needed to supplement running and helps develop other muscles that are not utilized while running, but are needed to support you through training. As runners, we need to mix our training by doing different types of work outs, such as strength training, bicycling, swimming, yoga, and Pilates, to name a few, as a way to supplement our running.

**Benefits of Cross Training:** Build strength, increase flexibility, enhance balance and increase recovery, while decreasing the risk of injury from overuse of the same muscles. Cross training builds strength and flexibility in muscles that running does not utilize. I highly recommend yoga, Pilates, bicycling, swimming and other core and strengthening exercises that are easy on the joints, but aid in building strength and flexibility! Great for your Monday rest/cross training as noted on the calendar.

**Warm up and Cool Downs:** You should warm up 10 minutes before you work out and cool down 10 minutes after you run.

**Warm Ups:** Help to prepare the body for activity and gently raise the heart rate, while warming up muscles for activity. This can be done by doing rhythmic exercises such as jumping jacks, walking lunges, skipping, moving arms/shoulder rolls. Cool downs assist in transitioning the body back down to its normal resting state. This can be done by jogging, walking or lower intensity stretching.

**Advanced Runners:** You may substitute the Wednesday rest day for a Tempo or Interval Run.

**Tempo Run:** Run at 5K or 10 K pace for 20-30 minutes. Remember to warm up first, train in your assigned distance and cool down.

**Interval Runs:** Short or long bursts 200-1600 meters or ¼ mile to 1 mile with pace slightly faster than 5K or 10K goal. Do a few short bursts with jog in between. Remember to warm up first, then intervals for distance required, then cool down for 10-15 minutes.

**Note:** Warm up distance and cool down are NOT included in the distance you cover during your work out. So yes, you will cover more distance, but the extra steps are critical to preventing injuries by letting the body warm up and cool down properly.

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created by

