

Get Your Rear in Gear Philadelphia

4 Mile Training Program



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

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

NOTES:

XT: Cross Training: Cross Training is needed to supplement running and help develop other muscles that are not utilized while running, but are needed to support you through training. As runners, we need to mix up 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.

Meet Up: We have identified a few times a month where we host group run/walks free of charge. Currently all "Meet Ups" will be in Philadelphia at Lloyd Hall (2 Boathouse Row, Philadelphia, PA 19130) for group work outs on the Schuylkill Bike Path along Kelly Drive. Distances will be pre-marked for 1 mile and 2 miles (to start), and will progress up to 3 miles. We will not have 3 mile markers out the first few weeks, as this is a training program to build up to 4 miles.

We will meet at **8:00 a.m.** in front of the doors at Lloyd Hall (look for GYRIG Sign) for a 10 minute warm up, and then everyone will head out to do their desired distances at a pace they are comfortable with. Once finished, we will do a 10 minute cool down and stretch before leaving.

Runoga will be on hand to do warm ups, get everyone started, and answer any questions. All training will take place rain or shine or snow, unless the roads are closed or conditions are stated to be too dangerous. We will post any cancellations or schedule changes on the website.

There will not be anyone to watch your stuff, so please do not bring valuables or items you are not comfortable leaving until you return.

There is plenty of free parking.

Cancellations and or changes will be sent VIA EMAIL 24 hours in advance or check our Facebook page (<http://www.facebook.com/gyrigphilly>) for the latest updates. Questions? Contact Kathleen@Runoga.com.

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