



REVOLUTION RUNNING

Old Man Winter 6 Week Training Schedule

~ Intermediate Level ~

The following program has been designed to prepare you to run the 2018 Old Man Winter Rally 5.4 mile run. Depending on your current level of fitness, you may want to either cut back a little or add on to the suggested schedule.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	35-45 min easy run	30 mins fartlek (run 3 mins easy 3 mins hard for 30 mins)	Cross train	40-50 min easy run	Rest	50-60 min easy run	Cross train or 25 min easy run
Week 2	35-45 min easy run	Warmup. 5 x 800m hard w/ 200 jog recovery. Cool down	Cross train	40-50 min easy run	Rest	50-60 min easy run	Cross train or 25 min easy run
Week 3	45-50 min easy run	30 mins fartlek (run 5 mins easy 5 mins hard for 30 mins)	Cross train	40-50 min easy run	Rest	55-65 min easy run	Cross train or 25 min easy run
Week 4	45-50 min easy run	Warmup. 6 x 800m hard w/ 200m jog recovery. Cool down	Cross train	45-50 min easy run	Rest	60-70 mins easy run	Cross train or 25 min easy run
Week 5	40 min easy run	Warmup.3 miles at Tempo (moderately hard)/Cool down	Cross train	45 min easy run	Rest	65-75 mins easy run	Cross train or 25 min easy run
Week 6	35 min easy run	Warm up. 8 x 400m (1 lap of track) with 2 mins recovery bwtm each. Cool down.	Rest	30 min easy run	Rest	25 min easy run + 4 x 30 sec fast striders	RACE Old Man Winter Rally

Join the REVOLUTION RUNNING training club. When you need that extra motivation from a group and a push from a coach, there's nothing like being in a training group to help you reach your goal.

Club members then meet up to three times per week following a goal specific training schedule. You will be grouped with others of similar ability, along with a pace group coach to help guide you through and answer your questions and motivate you along the way. www.revolution-running.com