



LEVEL I – BEGINNER RUNNER

NIKE WOMEN'S MARATHON RUN CLUB – SAN FRANCISCO

SATURDAYS AT 8:00 AM. LITTLE MARINA GREEN, MARINA BLVD AND BAKER STREET, SF

WEEK	DATES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
17	6/22-6/28						NWM Run Club - Kick Off 2mi Run!	FULL: 2 mi HALF: 0 mi WALK: 0-2 mi
16	6/29-7/5	FULL: 2-3 mi HALF: 1-2 mi WALK: 1-2 mi Specific Strength	OFF	FULL: 2-3 mi HALF/WALK: 2 mi run or walk	30-60min aerobic cross train, specific strength + stretch	FULL: 2-3 mi or 45min aerobic HALF/WALK: 2-3mi or OFF	On Own: FULL: 4 mi HALF: 2mi run + 1mi walk WALK: 2-4 mi	strength, flexibility &/or walk
15	7/6- 7/12	FULL: 2-3 mi HALF: 1-2 mi WALK: 1-2 mi Specific Strength	OFF	FULL: 2-3 mi HALF/WALK: 2 mi run or walk	30-60min aerobic cross train, specific strength + stretch	FULL: 2-3 mi or 45min aerobic HALF/WALK: 2-3mi or OFF	FULL: 4 mi HALF: 2mi run + 1mi walk WALK: 2-4 mi	strength, flexibility &/or walk
14	RECOVERY WEEK; 7/13-7/19	FULL: 2-3 mi HALF: 1-2 mi WALK: 1-2 mi Specific Strength	OFF	FULL: 2-3 mi HALF/WALK: 2 mi run or walk	30-60min aerobic cross train, specific strength + stretch	FULL: 2-3 mi or 45min aerobic HALF/WALK: 2-3mi or OFF	FULL: 4 mi HALF: 2 mi run + 2 mi walk WALK: 2-4 mi	strength, flexibility &/or walk
13	7/20-7/26	FULL: 2-4 mi HALF: 2-3 mi WALK: 2-3 mi Specific Strength	OFF	FULL: 2-4 mi HALF/WALK: 2-4 mi run or walk	30-60min aerobic cross train, specific strength + stretch	FULL: 2-3 mi or 45min aerobic HALF/WALK: 2-3mi or OFF	FULL: 6 mi HALF: 3mi+1 wlk WALK: 4-6 mi	strength, flexibility &/or walk
12	7/27-8/2	FULL: 2-4 mi HALF: 2-3 mi WALK: 2-3 mi Specific Strength	OFF	FULL: 2-4 mi HALF/WALK: 2-4 mi run or walk	30-60min aerobic cross train, specific strength + stretch	OFF	FULL: 8 mi HALF: 5 mi WALK: 4-6-8 mi	strength, flexibility &/or walk
11	RECOVERY WEEK: 8/3-8/9	FULL: 2-3 mi HALF: 1-3 mi WALK: 1-3 mi Specific Strength	OFF	FULL: 2-4 mi HALF/WALK: 2 mi run or walk	30-60min aerobic cross train, specific strength + stretch	FULL: 2-3 mi or 45min aerobic HALF/WALK: 2-3mi or OFF	FULL: 4 mi HALF: 2 mi run + 2 mi walk WALK: 4 mi	strength, flexibility &/or walk
10	8/10-8/16	FULL: 2-4 mi HALF: 2-4 mi WALK: 2-4 mi Specific Strength	OFF	FULL: 2-4 mi HALF/WALK: 2-4 mi run/walk	30-60min aerobic cross train, specific strength + stretch	FULL: 2-4 mi or 45min aerobic HALF/WALK: 2-3mi or OFF	FULL: 10 mi HALF: 5 mi run + 1 mi walk WALK: 6-10 mi	strength, flexibility &/or walk
9	8/17-8/23	FULL: 2-4 mi HALF: 2-4 mi WALK: 2-4 mi Specific Strength	OFF	FULL: 2-4 mi HALF/WALK: 2-4 mi run/walk	30-60min aerobic cross train, specific strength + stretch	OFF	FULL: 12 mi HALF: 8 mi run WALK: 6-12 mi	strength, flexibility &/or walk
8	RECOVERY WEEK: 8/24-8/30	FULL: 2-3 mi HALF: 1-3 mi WALK: 1-3 mi Specific Strength	OFF	FULL: 2-4 mi HALF/WALK: 2 mi run/walk	30-60min aerobic cross train, specific strength + stretch	FULL: 2-4 mi or 45min aerobic HALF/WALK: 2-3mi or OFF	FULL: 6 mi HALF: 5 mi run + 3 mi walk WALK: 4-6 mi	strength, flexibility &/or walk
7	8/31-9/6	FULL: 2-4 mi HALF: 2-4 mi WALK: 2-4 mi Specific Strength	OFF	FULL: 2-4 mi HALF/WALK: 2-4 mi run/walk	30-60min aerobic cross train, specific strength + stretch	FULL: 2-4 mi or 45min aerobic HALF/WALK: 2-3mi or OFF	FULL: 14 mi HALF: 8 mi run + 2 mi walk WALK 10-12-14 mi	strength, flexibility &/or walk
6	PEAK LONG RUN A 9/07-9/13	FULL: 2-4 mi HALF: 2-4 mi WALK: 2-4 mi Specific Strength	OFF	FULL: 3-4 mi HALF/WALK: 2-4 mi run/walk	30-60min aerobic cross train, specific strength + stretch	OFF	FULL: 16 mi HALF: 10 mi run WALK: 12-16 mi	strength, flexibility &/or walk

WEEK	DATES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5	RECOVERY WEEK: 9/14-9/20	FULL: 2-3 mi HALF: 1-3 mi WALK: 1-3 mi Specific Strength	OFF	FULL: 2-4 mi HALF/WALK: 2-4 mi run/walk	30-60min aerobic cross train, specific strength + stretch	FULL: 2-4 mi or 45min aerobic HALF/WALK: 2-3mi or OFF	FULL: 8 mi HALF: 4 mi run + 2 mi walk WALK: 6-8 mi	strength, flexibility &/or walk
4	PEAK LONG RUN B 9/21-9/27	FULL: 2-4 mi HALF: 2-4 mi WALK: 2-4 mi Specific Strength	OFF	FULL: 3-4 mi HALF/WALK: 2-4 mi run/walk	30-60min aerobic cross train, specific strength + stretch	OFF	FULL: 18-20 mi HALF: 12 mi run WALK: 14-18 mi	strength, flexibility &/or walk
3	TAPER 9/28-10/4	FULL: 2-4 mi HALF: 1-3 mi WALK: 1-3 mi Specific Strength	OFF	FULL: 2-3 mi HALF/WALK: 2 mi run/walk	30-60min aerobic cross train, specific strength + stretch	FULL: 2-3 mi or 35min aerobic HALF/WALK: 2-3mi or OFF	FULL: 8 mi HALF: 6-8 mi run WALK: 6-8 mi	strength, flexibility &/or walk
2	TAPER 10/5-10/11	FULL: 2-3 mi HALF: 1-2 mi WALK: 1-2 mi Light Specific Strength	OFF	FULL: 2-3 mi HALF/WALK: 2 mi run/walk	30-60min aerobic cross train, light specific strength + stretch	FULL: 2-3 mi or 35min aerobic HALF/WALK: 2mi or OFF	FULL: 6 mi HALF: 4-6 mi run + 2 mi walk WALK: 4-6 mi	strength, flexibility &/or walk
1	RACE WEEK! Short & Sharpen 10/12-10/18	FULL: 2-3 mi HALF: 1-2 mi WALK: 1-2 mi Core Strength	OFF	FULL: 2-3 mi HALF/WALK: 2 mi run/walk	light cardio + stretching	OFF	ALL: 1-3 miles	NIKE WOMEN'S MARATHON! FULL: 26.2 miles! HALF: 13.1 miles!

KEY

FULL: Miles for individuals training to RUN the marathon.

HALF: Miles for individuals training to RUN the HALF marathon.

NOTE: Training mileage divided between running & walking miles.

WALK: Miles for individuals training to WALK the HALF marathon.

LEVEL I - BEGINNING RUNNER

NEW TO RUNNING &/OR CURRENTLY RUNNING 0-2 DAYS PER WEEK, 1-3 MILES PER RUN. NEW TO EXPERIENCED WALKERS.

CROSS TRAINING TO INCREASE AEROBIC CAPACITY, IMPROVE STRENGTH AND PREVENT INJURY

NON-IMPACT AEROBIC CROSS-TRAINING: DEEP WATER RUNNING, ELLIPTICAL TRAINER, EASY CYCLING, SPINNING, SWIMMING & WALKING (IF USUALLY RUNNING)

STRENGTH TRAINING: PILATES, CORE STRENGTH EXERCISES, YOGA, WEIGHTS (MACHINE OR FREE) TWO DAYS/WEEK

SPECIFIC STRENGTH: PERSONAL STRENGTH EXERCISES FOR WEAK AREAS OR PREVIOUSLY INJURED BODY PARTS

FLEXIBILITY TRAINING: STRETCHING, PILATES, YOGA, STRETCH CLASSES

TRAINING OUTLOOK

BUILD TO 2-4 RUNS/WALKS PER WEEK, SUPPLEMENT WITH A TREMENDOUS AMOUNT OF CROSS TRAINING (NON-IMPACT AEROBIC, STRENGTH & FLEXIBILITY)

RECOVERY WEEK EVERY THIRD WEEK ALLOWING FOR MAXIMUM ADAPTATION AND INJURY PREVENTION

NEW RUNNERS SHOULD INCORPORATE WALKING INTO THEIR RUNNING TRAINING REGIME; EVERY MILE OR AT BEGINNING OR END OF RUN. SEE HALF SCHEDULE

ANY WALKER WHO SUCCESSFULLY COMPLETES 13 MILES IN TRAINING CAN SAFELY COVER THE FULL MARATHON DISTANCE ON RACE DAY