



# LEVEL I – BEGINNER RUNNER

## NIKE WOMEN'S MARATHON RUN CLUB – DANVILLE

SUNDAYS AT 8:00 AM. DANVILLE TOWN GREEN, 420 FRONT ST.

WEEK	DATES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>17</b>	6/28/2009							NWM Run Club Kick Off 2mi Run!
<b>16</b>	6/29– 7/5	Optional Walk, Specific Strength, Flexibility, Core	FULL: 2-3 mi HALF: 1-2 mi WALK: 1-2 mi	FULL: 2-3 mi HALF/WALK: 2 mi run or walk	FULL: 2-3 mi or 45 min aerobic HALF/WALK: Strength or off	30-60min aerobic cross train, core, stretch	OFF	On Own: FULL: 4 mi HALF: 2mi run + 1mi walk WALK: 2-4 mi
<b>15</b>	7/6-7/12	Optional Walk, Specific Strength, Flexibility, Core	FULL: 2-3 mi HALF: 1-2 mi WALK: 1-2 mi	FULL: 2-3 mi HALF/WALK: 2 mi run or walk	FULL: 2-3 mi or 45 min aerobic HALF/WALK: Strength or off	30-60min aerobic cross train, core, stretch	OFF	FULL: 4 mi HALF: 2 mi run + 2 mi walk WALK: 2-4 mi
<b>14</b>	RECOVERY WEEK 7/13-7/19	Optional Walk, Specific Strength, Flexibility, Core	FULL: 2-3 mi HALF: 1-3 mi WALK: 1-3 mi	FULL: 2-4 mi HALF/WALK: 2-4 mi run or walk	FULL: 2-3 mi or 45 min aerobic HALF/WALK: Strength or off	30-60min aerobic cross train, core, stretch	OFF	FULL: 4 mi HALF: 2mi+2 wlk WALK: 2-4 mi
<b>13</b>	7/20-7/26	Optional Walk, Specific Strength, Flexibility, Core	FULL: 2-4 mi HALF: 2-4 mi WALK: 2-4 mi	FULL: 2-4 mi HALF/WALK: 2-4 mi run or walk	FULL: 2-3 mi or 45 min aerobic HALF/WALK: Strength or off	30-60min aerobic cross train, core, stretch	OFF	FULL: 6 mi HALF: 3 mi + 1wk WALK: 4-6 mi
<b>12</b>	7/27-8/2	Optional Walk, Specific Strength, Flexibility, Core	FULL: 2-4 mi HALF: 2-4 mi WALK: 2-4 mi	FULL: 2-4 mi HALF/WALK: 2-4 mi run or walk	OFF	30-60min aerobic cross train, core, stretch	OFF	FULL: 8 mi HALF: 5 mi WALK: 4-8 mi
<b>11</b>	RECOVERY WEEK 8/3-8/9	Optional Walk, Specific Strength, Flexibility, Core	FULL: 2-3 mi HALF: 1-3 mi WALK: 1-3 mi	FULL: 2-4 mi HALF/WALK: 2 mi run/walk	FULL: 2-3 mi or 45 min aerobic HALF/WALK: 2-3 mi or off. Strength	30-60min aerobic cross train, core, stretch	OFF	FULL: 4 mi HALF: 2 mi run + 2 mi walk WALK: 4 mi
<b>10</b>	8/10-8/16	Optional Walk, Specific Strength, Flexibility, Core	FULL: 2-4 mi HALF: 2-4 mi WALK: 2-4 mi	FULL: 2-4 mi HALF/WALK: 2-4 mi run/walk	FULL: 2-4 mi or 45 min aerobic HALF/WALK: Strength or off	30-60min aerobic cross train, core, stretch	OFF	FULL: 10 mi HALF: 5 mi run + 1 mi walk WALK: 6-10 mi
<b>9</b>	8/17-8/23	Optional Walk, Specific Strength, Flexibility, Core	FULL: 2-4 mi HALF: 2-4 mi WALK: 2-4 mi	FULL: 4-5 mi HALF/WALK: 2-4 mi run/walk	OFF	30-60min aerobic cross train, core, stretch	OFF	FULL: 12 mi HALF: 8 mi run WALK: 6-12 mi
<b>8</b>	RECOVERY WEEK 8/24-8/30	Optional Walk, Specific Strength, Flexibility, Core	FULL: 2-3 mi HALF: 1-3 mi WALK: 1-3 mi	FULL: 2-4 mi HALF/WALK: 2-4 mi run/walk	FULL: 2-4 mi or 45 min aerobic HALF/WALK: 2-3 mi or off. Strength	30-60min aerobic cross train, core, stretch	OFF	FULL: 6 mi HALF: 5 mi run + 3 mi walk WALK: 4-6 mi
<b>7</b>	8/31-9/6	Optional Walk, Specific Strength, Flexibility, Core	FULL: 2-4 mi HALF: 2-4 mi WALK: 2-4 mi	FULL: 2-4 mi HALF/WALK: 2-4 mi run/walk	FULL: 2-4 mi or 45 min aerobic HALF/WALK: Strength or off	30-60min aerobic cross train, core, stretch	OFF	FULL: 14 mi HALF: 8 mi run + 2 mi walk WALK: 10-12-14 mi
<b>6</b>	9/7-9/13 PEAK LONG RUN A	Optional Walk, Specific Strength, Flexibility, Core	FULL: 2-4 mi HALF: 2-4 mi WALK: 2-4 mi	FULL: 4-5 mi HALF/WALK: 3-4 mi run/walk	OFF	30-60min aerobic cross train, core, stretch	OFF	FULL: 16 mi HALF: 10 mi run WALK: 12-16 mi

WEEK	DATES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>5</b>	RECOVERY WEEK 9/14-9/20	Optional Walk, Specific Strength, Flexibility, Core	FULL: 2-3 mi HALF: 1-3 mi WALK: 1-3 mi	FULL: 2-3 mi HALF/WALK: 2-3 mi run/walk	FULL: 2-4 mi HALF/WALK: 2-3 mi or off. Strength	30-60min aerobic cross train, core, stretch	OFF	FULL: 8 mi HALF: 4 mi run + 2 mi walk WALK: 6-8 mi
<b>4</b>	PEAK LONG RUN B 9/21-9/27	Optional Walk, Specific Strength, Flexibility, Core	FULL: 2-4 mi HALF: 2-4 mi WALK: 2-4 mi	FULL: 2-3 mi HALF/WALK: 2-4 mi run/walk	OFF	30-60min aerobic cross train, core, stretch	OFF	FULL: 18-20 mi HALF: 12 mi run WALK: 16-18 mi
<b>3</b>	TAPER 9/28-10/4	Optional Walk, Specific Strength, Flexibility, Core	FULL: 2-3 mi HALF: 1-3 mi WALK: 1-3 mi	FULL: 2-3 mi HALF/WALK: 2-3 mi run/walk	FULL: 2-4 mi or 45 min aerobic HALF/WALK: Strength or off	30-60min aerobic cross train, core, stretch	OFF	FULL: 8 mi HALF: 4-6 mi run + 2 mi walk WALK: 6-8 mi
<b>2</b>	TAPER 10/5-10/11	Optional Walk, Light Strength, flexibility, Core	FULL: 2-3 mi HALF: 1-3 mi WALK: 1-3 mi	FULL: 2-3 mi HALF/WALK: 2 mi run/walk	FULL: 2-3 mi or 35 min aerobic HALF/WALK: Light Strength or off	OFF + Core	OFF	FULL: 6 mi HALF: 4-6 mi run + 2 mi walk WALK: 4-6 mi
<b>1</b>	RACE WEEK Short & Sharpen 10/12-10/18	Optional Walk, Light Strength, flexibility, Core	FULL: 2-3 mi HALF: 1-2 mi WALK: 1-2 mi	FULL: 2-3 mi HALF/WALK: 2 mi run/walk	light cardio + stretching	OFF + Core	OFF	<b>NIKE WOMEN'S MARATHON!</b> 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, ELIPTICAL 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