

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
1	Rest Goal: Block out run time for the remaining week.	Run easy for at least 10 minutes Goal: Just get out the door – instant success!	Cross-train for at least 10 minutes Goal: Keep your heart rate elevated the entire time.	Run easy 15 minutes Goal: Tackle at least one hill on your route.	Walk 20 minutes Goal: Invite a friend and make it an active date.	Rest Goal: Plan your pre-run meal for tomorrow's long run.	Long Run Goal: Run 10 minutes longer than normal (or at least 20 minutes). Take walk breaks if necessary.
2	Rest Goal: Strive for at least three servings of fruits and/or veggies.	Run easy Goal: Add 5 minutes to your run time from last week.	Cross-train Goal: Add 5 minutes to your XT time from last week, and/or up the intensity.	Run easy 15 minutes Goal: Do 3-hill repeats (run comfortably hard on the way up, recover on the way down).	Walk 20 minutes Goal: Every 5 minutes, do a 1-minute jog.	Rest Goal: Get at least 8 hours of sleep tonight.	Long Run Goal: Run 5 minutes longer than last week.
3	Rest Goal: Stretch both your upper and lower body for 15 minutes.	Run easy Goal: Add a few minutes to your time from week 2; maintain a comfortable pace.	Cross-train 20 minutes Goal: Strengthen your back with planks, bridges, or bird-dogs. Practice good posture.	Run easy Goal: Add 5 minutes to your time from last week, and do 1 or 2 more hill repeats.	Walk 20 minutes or run easy 10 to 15 minutes Goal: Stop and stretch a different body part every 5 minutes.	Rest Goal: Review the race course and plan to do your long run on it. If not accessible, plot out a similar route.	Long Run Goal: Run 5 minutes longer than last week on race course. Run the last 5 minutes slightly faster.
4	Rest Goal: Perform self-massage on legs and feet (using hands and/or a foam roller).	Run easy Goal: Add a few minutes to your time from last week.	Cross-train 20 to 30 minutes Goal: Up the intensity or incline. Add some chair squats, side planks, and lunges.	Run easy Goal: Perform 3 30-second pick-ups (speed up for 10 seconds, hold a near-sprint for 10, slow for 10).	Walk 20 minutes or run easy 10 to 12 minutes Goal: If walking, do a 1-minute jog every four minutes.	Rest Goal: Plan your pre-race dinner, and make it today for practice. Get 8 hours sleep.	Long Run Goal: Run at an easy pace for 30 to 40 minutes.
5	Rest Goal: Roll out legs, hips, and back with a foam roller for 10 minutes.	Run easy Goal: Drop down to distance you ran in week 3; maintain a comfortable pace.	Cross-train Goal: Perform 20 minutes of easy cardio, like walking or the elliptical, then stretch for 5 minutes.	Run easy 15 minutes Goal: Do 3 30-second pickups at goal race pace at end of run.	Rest Goal: Chill out (if race is on a Saturday). If race is on a Sunday, run easy or walk for 15 minutes.	Rest Goal: Eat your race-night meal and get 8 hours of sleep.	Race Goal: Start out easy and gradually pick up speed so you finish strong. Have fun!

Original Runners World Training

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Original Runners World Training:

Runner's World Training Journal Editors of Runner's World Magazine, 2012-05-08 A revised edition of the ultimate week by week training journal for runners of all abilities from the top experts in the sport Runner's World Training Journal by the Editors of Runner's World provides the perfect framework to help every kind of runner from fitness joggers to competitive racers track a year's worth of runs. This updated and revised version includes the latest tips, advice, and motivation from the pros to keep runners going all year long. With space for recording daily routes, mileage, times, and notes, as well as weekly doses of information on training, nutrition, and injury prevention, readers can track their progress as they achieve their running goals, whether they seek better aerobic conditioning, weight loss, or world records. The only runner's training journal with full color photos throughout and top notch tips from the experts at Runner's World, this handsomely redesigned journal provides Smear proof paper and a handy spiral binding for ease of use. A ample space for readers to record facts about each day's run including route, distance, time, and cross training, and to note how they felt at the time. A Week at a Glance feature that helps runners summarize their weekly training quickly and easily. Advice for runners on how to analyze their data and set new goals for the next year.

Runner's World Training Journal The Editors of Runner's World Magazine, 2002-09-21 This durable training journal from the editors at Runners World magazine is both practical to use and inspiring to look at. More than 100 full color photographs complement weekly spreads for tracking important training data such as distance, time, weather, pace, and mood. A brief introduction explains how keeping a daily record will motivate and improve performance. Throughout the journal you'll find helpful tips on effective training, fitness, racing strategy, gear, and nutrition, as well as quotes to inspire you, whether you are simply hitting the pavement behind a jogging stroller or training for a marathon.

Runner's World, 2006-06 Runner's World magazine aims to help runners achieve their personal health, fitness, and performance goals and to inspire them with vivid, memorable storytelling.

The Runner's World Big Book of Marathon and Half-Marathon Training Jennifer Van Allen, Bart Yasso, Amby Burfoot, Pamela Nisevich Bede, Editors of Runner's World Magazine, 2012-06-05 The first dedicated book on marathon and half marathon training from the renowned experts at Runner's World. **Runner's World Big Book of Marathon and Half Marathon Training** gives readers the core essentials of marathon training, nutrition, injury prevention, and more. The editors of Runner's World know marathon training better than anyone on the planet. They have spent the last few years inviting readers to share the long, sweaty journey to the starting line, putting themselves on call to personally answer readers' questions 24/7. This book includes testimonials from real runners, more than 25 training plans for every level and ability, workouts, a runner's dictionary, and sample meal plans. **Runner's World Big Book of Marathon and Half Marathon Training** is a powerful and winning resource, the ultimate tool kit for anyone who wants to get from the starting line to the finish line.

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Runner's World, 2006-11

Runner's World magazine aims to help runners achieve their personal health fitness and performance goals and to inspire them with vivid memorable storytelling **Runner's World**, 2008-04 Runner's World magazine aims to help runners achieve their personal health fitness and performance goals and to inspire them with vivid memorable storytelling

Runner's World Essential Guides: Barefoot Running and Minimalism Scott Douglas, Editors of Runner's World Magazine, 2011-10-20 The basic rationale for running barefoot or in minimalist models goes something like this Humans evolved to cover long distances by foot By introducing a thick layer of cushioning and an elevated heel between the foot and the ground modern running shoes alter natural running form But modern running shoes alter form in ways that lead to injury Therefore getting back to a more natural running gait by running in little to no shoe will lead to improved form which should lower injury rates A key reason to run barefoot or in minimalist shoes is to allow your feet to work more naturally free from the confines and controls of overly engineered running shoes Unfortunately too many runners eager to run more naturally have gone too far too fast from one extreme to the other The realities of modern life have weakened our feet ankles and lower legs and our bodies have adapted to the shoes we have worn for most of our lives if we suddenly start running in little to no shoe our bodies are not prepared for the new stresses *Runner's World Essential Guides Barefoot Running and Minimalism* provides historical context thoughts advice and tips on making a healthy transition The foremost authorities on running on the planet show you how to ease into a transition from conventional running shoes to barefoot running or minimalist shoes starting with some simple at home tests to see if your feet already have the strength they need to handle little to no shoe You'll learn a step by step process for safely moving away from doing all your running in big bulky shoes including guidelines on how to introduce barefoot running into your regimen Whether you want to learn more about the barefoot craze that's swept the nation or you want to introduce barefoot running into your training plan this indispensable guide contains everything you need to get started **Runner's World**, 2006 *Runner's World*, 2008-06 Runner's World magazine aims to help runners achieve their personal health fitness and performance goals and to inspire them with vivid memorable storytelling [Runner's World Complete Book of Women's Running](#) Dagny Scott Barrios, 2007-10-30 An updated guide specifically aimed at the growing population of women runners considers the challenges and problems faced by women when running from clothing injuries safety and nutrition to running during pregnancy and menopause and includes expert advice on nutrition weight loss body image and more for women of all fitness levels Original **Rodale's Runner's World**, 1986 *Original Runners World Training* Runner's World, Runner's World Magazine, 1987-07-01 **Runner's World Run Less, Run Faster** Bill Pierce, Ed.D., Scott Murr, Ed.D., Ray Moss, Ph.D., 2007-05-15 Finally runners at all levels can improve their race times while training less with the revolutionary Furman Institute of Running and Scientific Training FIRST program Hailed by the Wall Street Journal and featured twice in six months in cover stories in Runner's World magazine FIRST's unique training philosophy makes running easier and more accessible limits overtraining and burnout and

substantially cuts the risk of injury while producing faster race times The key feature is the 3 plus 2 program which each week consists of 3 quality runs including track repeats the tempo run and the long run which are designed to work together to improve endurance lactate threshold running pace and leg speed 2 aerobic cross training workouts such as swimming rowing or pedaling a stationary bike which are designed to improve endurance while helping to avoid burnout With detailed training plans for 5K 10K half marathon and marathon plus tips for goal setting rest recovery injury rehab and prevention strength training and nutrition this program will change the way runners think about and train for competitive races Amby Burfoot Runner s World executive editor and Boston Marathon winner calls the FIRST training program the most detailed well organized and scientific training program for runners that I have ever seen

Runner's World Advanced Indoor Exercise Book Richard Benyo,Rhonda Provost,1982 Paperbound Books in Print ,1992 **Subject Guide to Books in Print** ,1993 **The Publishers' Trade List Annual** ,1988 **Runner's World Best: Getting Started** Adam Bean,Editors of Runner's World Maga,2006-05-30 Getting Started provides beginning runners with everything they need to know to get off on the right foot Full color photographs demonstrate proper running technique and equipment Runners learn how to incorporate interval tempo and Fartlek training to achieve optimum performance from the start Rounding out the volume are cross training suggestions along with valuable tips on increasing speed and endurance

Runner's World Train Smart, Run Forever Bill Pierce,Scott Murr,Editors of Runner's World Maga,2017-04-04 From the experts at the Furman Institute of Running and Scientific Training FIRST Runner s World Train Smart Run Forever goes beyond traditional training programs and addresses the issues that prevent runners from reaching their full potential This book will teach you how to become a fit fast and healthy lifelong runner by following the authors innovative 7 hour workout week In this new approach Bill Pierce and Scott Murr show how overall fitness and total body health are the secret to longevity as a runner Runner s World Train Smart Run Forever is appropriate for all runners but is especially helpful if you re frustrated by injuries or looking to maintain your healthy lifestyle as you age This book addresses the controversies surrounding the dangers of overtraining and the stress associated with the constant craving for faster race times Complete with a comprehensive program to enhance overall fitness improve race times and support healthy aging this book will show you how to achieve your fitness goals at any stage

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