

2006 River City 10M Beginner Program



| Week | Date      | Monday | Tuesday   | Wednesday             | Thursday              | Friday    | Saturday                         | Sunday                    |
|------|-----------|--------|---|-----------------------|-----------------------|-----------|----------------------------------|---------------------------|
| 1    | 1/23/2006 | Off    | 20 min of<br>1 min hard/<br>1 min easy<br>10 min<br>up/down       | Easy 20-30<br>min run | Easy 20-30<br>min run | Off or XT | Easy 30<br>min run<br>+4 strides | 4 mile<br><b>Long Run</b> |
| 2    | 1/30/2006 | Off    | 20 min of<br>3 min hard/<br>2 min easy<br>10 min<br>up/down       | Easy 20-30<br>min run | Easy 30<br>min run    | Off or XT | Easy 30<br>min run<br>+4 strides | 5 mile<br><b>Long Run</b> |
| 3    | 2/6/2006  | Off    | 2 miles<br><b>Straights &amp;<br/>Curves</b><br>10 min<br>up/down | Easy 20-30<br>min run | Easy 20-30<br>min run | Off or XT | Easy 30<br>min run<br>+4 strides | 4 mile<br><b>Easy Run</b> |
| 4    | 2/13/2006 | Off    | 8x400m @<br>race pace<br>effort<br>10 min<br>up/down              | Easy 20-30<br>min run | Easy 45<br>min run    | Off or XT | Easy 30<br>min run<br>+4 strides | 6 mile<br><b>Long Run</b> |
| 5    | 2/20/2006 | Off    | 30 min of<br>1 min hard/<br>1 min easy<br>10 min<br>up/down       | Easy 20-30<br>min run | Easy 45<br>min run    | Off or XT | Easy 30<br>min run<br>+4 strides | 8 mile<br><b>Long Run</b> |
| 6    | 2/27/2006 | Off    | 2 miles<br><b>Straights &amp;<br/>Curves</b><br>10 min<br>up/down | Easy 20-30<br>min run | Easy 20-30<br>min run | Off or XT | Easy 30<br>min run<br>+4 strides | 9 mile<br><b>Long Run</b> |
| 7    | 3/6/2006  | Off    | 30 min of<br>3 min hard/<br>2 min easy<br>10 min<br>up/down       | Easy 20-30<br>min run | Easy 50<br>min run    | Off or XT | Easy 30<br>min run<br>+4 strides | 5 mile<br><b>Easy Run</b> |
| 8    | 3/13/2006 | Off    | 2 miles<br><b>Straights &amp;<br/>Curves</b><br>10 min<br>up/down | Easy 20-30<br>min run | Easy 30<br>min run    | Off or XT | Easy 20<br>min run<br>+4 strides | <b>River City<br/>10M</b> |
| 9    | 3/20/2006 | Off    | Easy 20-30<br>min run   | Off                   | Easy 20-30<br>min run | Off or XT | Easy 20<br>min run<br>+4 strides | 5 mile run                |