

Training Plan for La Milla de Mayo © Run Farther & Faster 2017 (<http://www.runfartherandfaster.com>)

March 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><i>*Make sure to get fit for running shoes at a specialty running store before starting!</i></p> <p><i>*Runs can be done on a track or roads/sidewalks.</i></p>	<p>*Cross-training can be any sort of cardiovascular activity that uses different muscles: swimming, cycling, team sports, dance, etc.</p>	<p>All running should be at a conversational pace. If you are breathless, slow down!</p>	<p>1 5-10 min warm-up Run 30 seconds Walk 90 seconds Repeat 10 times (20 min) 5-10 min cool-down</p>	<p>2 Rest or 30-60 minutes cross-train Core strength (see footnote)</p>	<p>3 5-10 min warm-up Run 30 seconds Walk 90 seconds Repeat 15 times (30 min) 5-10 min cool-down</p>	<p>4 Rest</p>
<p>5 5-10 min warm-up Run 45 seconds Walk 75 seconds Repeat 10 times (20 min) 5-10 min cool-down</p>	<p>6 Rest or 30-60 minutes cross-train Core strength</p>	<p>7 Rest</p>	<p>8 5-10 min warm-up Run 45 seconds Walk 75 seconds Repeat 15 times (30 min) 5-10 min cool-down</p>	<p>9 Rest or 30-60 minutes cross-train Core strength</p>	<p>10 5-10 min warm-up Run 45 seconds Walk 75 seconds Repeat 15 times (30 min) 5-10 min cool-down</p>	<p>11 Rest</p>
<p>12 5-10 min warm-up Run 1 min Walk 1 min Repeat 10 times (20 min) 5-10 min cool-down</p>	<p>13 Rest or 30-60 minutes cross-train Core strength</p>	<p>14 Rest</p>	<p>15 5-10 min warm-up Run 1 min Walk 1 min Repeat 15 times (30 min) 5-10 min cool-down</p>	<p>16 Rest or 30-60 minutes cross-train Core strength</p>	<p>17 5-10 min warm-up Run 1 min Walk 1 min Repeat 15 times (30 min) 5-10 min cool-down</p>	<p>18 Rest</p>
<p>19 5-10 min warm-up Run 90 seconds Walk 30 seconds Repeat 10 times (20 min) 5-10 min cool-down</p>	<p>20 Rest or 30-60 minutes cross-train Core strength</p>	<p>21 Rest</p>	<p>22 5-10 min warm-up Run 90 seconds Walk 30 seconds Repeat 15 times (30 min) 5-10 min cool-down</p>	<p>23 Rest or 30-60 minutes cross-train Core strength</p>	<p>24 5-10 min warm-up Run 90 seconds Walk 30 seconds Repeat 15 times (30 min) 5-10 min cool-down</p>	<p>25 Rest</p>
<p>26 5-10 min warm-up Run 2 min Walk 30 seconds Repeat 8 times (20 min) 5-10 min cool-down</p>	<p>27 Rest or 30-60 minutes cross-train Core strength</p>	<p>28 Rest</p>	<p>29 5-10 min warm-up Run 2 min Walk 30 seconds Repeat 10 times (25 min) 5-10 min cool-down</p>	<p>30 Rest or 30-60 minutes cross-train Core strength</p>	<p>31 5-10 min warm-up Run 2 min Walk 30 seconds Repeat 12 times (30 min) 5-10 min cool-down</p>	<p>1 Rest</p>

Core exercises: Choose 2-3/session: **Planks:** Perform 3-5. Work up to holding 60 sec; **V-Sit/Boat Pose:** Perform 3-5. Work up to holding 60 sec; **Bird Dog:** Perform 3-5 on each side. Work up to holding (or moving arm and leg in and out) for 30-60 sec; **Bridges:** Work up to 3x10 reps, pausing at the top to hold; **Push-Ups:** Work up to 2-3 sets of 5-10; **Squats:** Work up to 2-3 sets of 10 squats.

April/May 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 5-10 min warm-up Run 3 min Walk 1 min Repeat 5 times (20 min) 5-10 min cool-down	3 Rest or 30-60 minutes cross-train Core strength	4 Rest	5 5-10 min warm-up Run 3 min Walk 1 min Repeat 7 times (28 min) 5-10 min cool-down	6 Rest or 30-60 minutes cross-train Core strength	7 5-10 min warm-up Run 3 min Walk 30 seconds Repeat 8 times (28 min) 5-10 min cool-down	8 Rest
9 5-10 min warm-up Run 5 min Walk 1 min Repeat 4 times (24 min) 5-10 min cool-down	10 Rest or 30-60 minutes cross-train Core strength	11 Rest	12 5-10 min warm-up Run 5 min Walk 1 min Repeat 5 times (30 min) 5-10 min cool-down	13 Rest or 30-60 minutes cross-train Core strength	14 5-10 min warm-up Run 5 min Walk 30 seconds Repeat 4 times (22 min) 5-10 min cool-down	15 Rest
16 5-10 min warm-up Run 7 min Walk 1 min Repeat 3 times (24 min) 5-10 min cool-down	17 Rest or 30-60 minutes cross-train Core strength	18 Rest	19 5-10 min warm-up Run 7 min Walk 1 min Repeat 4 times (32 min) 5-10 min cool-down	20 Rest or 30-60 minutes cross-train Core strength	21 5-10 min warm-up Run 7 min Walk 30 seconds Repeat 4 times (30 min) 5-10 min cool-down	22 Rest
23 5-10 min warm-up Run one mile (dry run for race day!) 5-10 min cool-down	24 Rest or 30-60 minutes cross-train Core strength	25 Rest	26 5-10 min warm-up Run 8 min Walk 1 min Repeat 3 times (27 min) 5-10 min cool-down	27 Rest or 30-60 minutes cross-train Core strength	28 5-10 min warm-up Run 8 min Walk 30 seconds Repeat 3 times (25 min) 5-10 min cool-down	29 Rest
30 5-10 min warm-up Run one mile (dry run for race day!) 5-10 min cool-down	1 Rest or 30-60 minutes cross-train Core strength	2 Rest	3 5-10 min warm-up Run 10 min Walk 1 min Repeat 2 times (22 min) 5-10 min cool-down	4 Rest or 30-60 minutes cross-train Core strength	5 5-10 min warm-up Run 15 min very easy 5-10 min cool-down	6 La Milla de Mayo! 

Core exercises: Choose 2-3/session: **Planks:** Perform 3-5. Work up to holding 60 sec; **V-Sit/Boat Pose:** Perform 3-5. Work up to holding 60 sec; **Bird Dog:** Perform 3-5 on each side. Work up to holding (or moving arm and leg in and out) for 30-60 sec; **Bridges:** Work up to 3x10 reps, pausing at the top to hold; **Push-Ups:** Work up to 2-3 sets of 5-10; **Squats:** Work up to 2-3 sets of 10 squats.

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