

Basic Training to Run Your First SK Running Program for Beginners

Lunch and Learn: NAD/GC Let's Move-SK Walk/Run, September 25, 2011 (DWB, 8-29-11)

Running a SK is an excellent goal for new runners. You'll get lots of motivation, as well as enjoyment, from participating in a race, and SK (3.1 miles) is the perfect distance for first-timers. Even if you're a couch potato, you can be ready for a SK in a couple of months. Below is an eight-week SK training schedule to help get you to the finish line. It assumes that you can already run at least a mile. If you can only run for 5 minutes at a time or if this SK program doesn't seem challenging enough for your running level you can make appropriate adjustments.

Notes about the SK training schedule:

Saturdays and Wednesdays: Saturdays and Wednesdays may be rest days. Rest is critical to your recovery and injury prevention efforts, so don't skip your rest days. You'll also get mentally burned out if you run every day with no breaks.

Mondays, Tuesdays, Thursdays and Fridays: After you warm up, run at a comfortable pace for the designated mileage. Make sure you cool down and stretch after your run.

Each week, you'll increase your runs by a quarter mile, which is a lap on most outdoor tracks. If you usually run on roads and you're not sure how far you run, you can figure out the mileage by using MapMyRun.com. Or, you could drive your route in your car and measure the mileage using your car odometer.

Wednesdays: Do a cross-training (CT) activity (biking, swimming, elliptical trainer) at easy to moderate effort for 30 to 40 minutes. If you're feeling very sluggish or sore, take a rest day.

Saturdays: This is an active recovery day. Your run should be at an easy (EZ), comfortable pace. Or, you can do a run/walk combination or cross-train (CT).

Counsel: Get comfortable gear, good shoes, hat, device for tunes or talk, good thoughts or prayer topics, etc.

Cautions: Check with your physician; no huffing and puffing-if so, slow down; pace yourself; think fun not fury.

Success Tips: 1) Galloway Method: Run-Walk-Run Method; 2) Accountability Partner; 3) Finish Mindset-see the end.

Note: You can switch days to accommodate your schedule. So if you're busy on another day and prefer to workout on a Monday or Friday, it's fine to swap a rest day for a run day.

SK Training Schedule for Beginners

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	1 mi run	1 mi run	CT or Rest	1 mi run	1.5 mi run	Rest	20-30 min EZ run or CT
2	1.5 mi run	1.5 mi run	CT or Rest	1.5 mi run	1.75 mi run	Rest	20-30 min EZ run or CT
3	2 mi run	2 mi run	CT or Rest	1.5 mi run	2 mi run	Rest	20-30 min EZ run or CT
4	2.25 mi run	2.25 mi run	CT or Rest	1.5 mi run	2.25 mi run	Rest	25-35 min EZ run or CT
5	2.5 mi run	2.5 mi run	CT or Rest	2 mi run	2.5 mi run	Rest	25-35 min EZ run or CT
6	2.75 mi run	2.75 mi run	CT	2 mi run	2.75 mi run	Rest	35-40 min EZ run or CT
7	3 mi run	3 mi run	CT	2 mi run	3 mi run	Rest	35-40 min EZ run or CT
8	1 mi run						

Adapted from: About.com Health's Disease and Condition