

PROGRAM OPTIONS

There are a number of different categories a participant can fall into when training. Some are based on experience and others are based on schedule structure. Our program uses two basic training schedules: Movers (Novice) and Shakers (Intermediate). The biggest difference between the two schedules is the mileage completed throughout the season. The Movers will complete less miles over the course of the season than the Shakers.

When choosing the which schedule to follow, speed should not factor in. Pick the schedule that works best for your fitness level and goals. If you are unsure about your training level, we recommend starting in the higher-mileage schedule. It is easier to fall back to the lower mileage schedule, if necessary.

MOVERS (NOVICE RUNNERS/WALKERS)

You are excited to **jumpstart, restart, or maintain your fitness journey**, you have been approved by a medical professional to participate in an exercise program and you have your eye on the prize—Ukrop's Monument Avenue 10K presented by Kroger. This 10-week plan is designed to prepare you to complete the 10K, regardless of your speed. You want a lower overall mileage program.

If this sounds like you, then you're ready to get started! While you are training, your primary form of exercise should start at a gentle pace and transition into faster pace walking or running. The purpose of beginning slowly is to condition the heart and lungs, other muscles, connective tissue, and your mind. Mixing in a combination of walking and running is a good way to build your endurance. An easy way to do this is to pick two points, for example, two mail boxes or street light posts. Start at your first point and increase your pace until you reach your second point.

Expect to feel a little soreness the first week or two. It will take a little while for your body to adjust. If you feel more than general soreness, back off! Don't try to keep pushing through pain, this could result in serious consequences! If you feel pain, rest and use ice. Try to talk to someone who has some experience with walking/running related injuries, or consult your doctor. If you have to take a break for injury or family commitments, do not give up! If you miss a workout or two, just pick up where you left off. Don't try to cram in or double up missed workouts. The days of the week listed in the schedule are for guidance. Do your workouts on the days that work best for your schedule. Make the schedule work for your life. Modify as necessary.

SHAKERS (INTERMEDIATE RUNNERS/WALKERS)

You have been walking or running routinely (approximately 9-12 miles a week comfortably) and you are ready to up your game and pace by adding some more intense workouts into your training schedule. This 10-week plan is designed to train you to race faster in the Ukrop's Monument Avenue 10K presented by Kroger, regardless if you are walking or running. You will complete longer miles over the training season.

Remember to start off walking/running at a slow, comfortable pace, then gradually incorporate faster paces. If you feel more than general soreness, back off! Don't try to keep pushing through pain, this could result in serious consequences! If you feel pain, rest and use ice. Try to talk to someone who has some experience with walking/running related injuries, or consult your doctor. If you have to take a break for injury or family commitments, do not give up! If you miss a workout or two, just pick up where you left off. Don't try to cram in or double up missed workouts. The days of the week listed in the schedule are for guidance. Do your workouts on the days that work best for your schedule. Modify as necessary.

WORKOUT LINGO & LEGEND

RUN / WALK INTERVALS

Using set run / walk intervals has many benefits including reduced fatigue & injuries & can increase your speed. Run / walk intervals are set time intervals for your run & your walk. It is a useful method for all participants, no matter the training schedule or speed. Examples: 4-minute run/1-minute walk or 1-minute run/30 second walk. It may take a few workouts to figure out the interval that works best for you & you don't need to use the same interval for each workout.

Conversational Pace Workouts (CP)

Most of your running/walking mileage through the season should be completed at conversational pace. These workouts should be at a comfortable but consistent level where you can carry on a reasonable conversation. If you can only speak in short sentences between breaths then you are running too hard. This pace is designed to help you increase your confidence and your mileage safely while building endurance. Your conversational pace will adjust throughout the season depending on weather and generally how you feel. Do NOT try to go as fast as you can!

Tempo Workouts (TW)

Mentally divide your run into thirds-Completing the first and third sections at your conversational pace. Run or walk the middle third at or near your race pace. This help you practice maintaining your speed while minimizing risk of injury.

Recovery Workouts (RW)

These are easy workouts that keep you moving in between higher effort workouts. It should be a comfortable pace that helps to build your endurance and mileage. Recovery workouts can help minimize soreness as well.

Cross-Training (X)

Run/Walk specific cross training is engaging in activities that mimic running/walking form and improve (maintain) cardiorespiratory fitness, while not taxing your skeletal system and connective tissue. These are activities with reduced impact on your joints. Cross training should not replace walking/running—it is meant as supplemental activities: a change of pace, injury prevention, helps increase aerobic capacity. Examples of run/walk specific cross training activities are: elliptical, stair stepper, walking, hiking, swimming, cycling, and ice skating. See page 22 Make sure this page is correct for more information.

Active Recovery (AR)

Active Recovery days are meant to give your body a rest while still doing something. These are low to moderate intensity workouts that don't cause body stress. These are great opportunities to work on flexibility and strength, focus on your breath and give yourself a mental break from the training plan. Examples: Yoga, Light Resistance Band work, Easy Walk, Tai Chi, Core and Hip Strengthening, Foam Rolling, Stretching, Mobility. If you are injured, feeling pain, or too fatigued do not take the Active Recovery, take the rest day.

Rest

Rest is as important to your training as your workouts.

Rest days give your muscles a chance to repair and rebuild, making you stronger. Be realistic about your fatigue level and do not feel guilty if you decide to take an additional day off to recover. Rest is not just for the body but also for the mind. Give your mind a break from the rigors of training when it's needed. Take your rest days!

SHAKERS

Saturday Training Schedule | February 1 - April 12

MON	TUES	WED	THURS	FRI	SAT	SUN
					2 (CP) ¹	2 (RW) ²
AR or R ³	X ⁴	2.5 (CP) ⁵	30 MIN (CP) or X ⁶	R or X ⁷	3.5 (CP) ⁸	3 (RW) ⁹
AR or R ¹⁰	X ¹¹	3 (CP) ¹²	35 MIN (TW) or XT ¹³	R or X ¹⁴	5 (CP) ¹⁵	3 (RW) ¹⁶
AR or R ¹⁷	X ¹⁸	3 (CP) ¹⁹	35 MIN (TW) or X ²⁰	R or X ²¹	4 (CP) ²²	3 (RW) ²³
AR or R ²⁴	X ²⁵	3.5 (CP) ²⁶	40 MIN (TW) or X ²⁷	R or X ²⁸	5 (CP) ¹	3.5 (RW) ²
AR or R ³	X ⁴	4 (CP) ⁵	40 MIN (TW) or X ⁶	R or X ⁷	6 (CP) ⁸	3.5 (RW) ⁹
AR or R ¹⁰	X ¹¹	4 (CP) ¹²	45 MIN (TW) or X ¹³	R or X ¹⁴	5 (CP) ¹⁵	3 (RW) ¹⁶
AR or R ¹⁷	X ¹⁸	5 (CP) ¹⁹	45 MIN (TW) or X ²⁰	R or X ²¹	7 (CP) ²²	4 (R@) ²³
AR or R ²⁴	X ²⁵	5 (CP) ²⁶	40 MIN (TW) or X ²⁷	R or X ²⁸	6 (CP) ²⁹	4 (RW) ³⁰
AR or R ³¹	X ¹	3 (CP) ²	35 MIN (TW) or X ³	R or X ⁴	4 (CP) ⁵	3 (RW) ⁶
AR or R ⁷	X ⁸	3 (CP) ⁹	30 Min Easy (CP) ¹⁰	R or X ¹¹	6.2 Miles Race Day ¹²	AR or R ¹³

FEBRUARY

MARCH

APRIL

Legend

CP - Conversational Pace TW - Tempo Workout X - Cross Training

AR - Active Recovery RW - Recovery Workout R - Rest Day

Optional Race: March 8 [Virginia Credit Union River City Half & River City 5K](#)

SHAKERS

Sunday Training Schedule | February 1 - April 12

MON	TUES	WED	THURS	FRI	SAT	SUN
					R or X ¹	2 (CP) ²
2 (RW) ³	AR or R ⁴	2.5 (CP) ⁵	1.5 Miles (CP) ⁶	20 Min (CP) or X ⁷	R or X ⁸	3.5 (CP) ⁹
3 (RW) ¹⁰	AR or R ¹¹	3 (CP) ¹²	2 (CP) ¹³	30 Min (TW) or X ¹⁴	R or X ¹⁵	5 (CP) ¹⁶
3 (RW) ¹⁷	AR or R ¹⁸	3 (CP) ¹⁹	2.5 (CP) ²⁰	30 Min (TW) or X ²¹	R or X ²²	4 (CP) ²³
3 (RW) ²⁴	AR or R ²⁵	3.5 (CP) ²⁶	3 (CP) ²⁷	35 Min (TW) or X ²⁸	R or X ¹	5 (CP) ²
3.5 (RW) ³	AR or R ⁴	4 (CP) ⁵	3 (CP) ⁶	35 Min (TW) or X ⁷	R or X ⁸	6 (CP) ⁹
3.5 (RW) ¹⁰	AR or R ¹¹	4 (CP) ¹²	3.5 (CP) ¹³	40 Min (TW) or X ¹⁴	R or X ¹⁵	5 (CP) ¹⁶
3 (RW) ¹⁷	AR or R ¹⁸	4 (CP) ¹⁹	4 (CP) ²⁰	45 Min (TW) or X ²¹	R or X ²²	7 (CP) ²³
4 (RW) ²⁴	AR or R ²⁵	R ²⁶	4 (CP) ²⁷	40 Min (TW) or X ²⁸	R or X ²⁹	6 (CP) ³⁰
4 (RW) ³¹	AR or R ¹	R ²	3 (CP) ³	35 Min (TW) or X ⁴	R or X ⁵	4 (CP) ⁶
3 (RW) ⁷	AR or R ⁸	R ⁹	30 Min EASY (CP) ¹⁰	R ¹¹	6.2 Miles Race Day ¹²	AR or R ¹³

FEBRUARY

MARCH

APRIL

Legend

CP - Conversational Pace TW - Tempo Workout X - Cross Training

AR - Active Recovery RW - Recovery Workout R - Rest Day

Optional Race: March 8 [Virginia Credit Union River City Half & River City 5K](#)