

Florida Striders Class Training Schedule – Advanced

Week	Monday	Tuesday	Wednesday.	Thursday	Friday	Saturday	Sunday
Week 1 4/5 – 4/11	Off	Off	Class 20 min jog	Off or XT	20 min jog	Off or XT	2 mile jog 20 – 30 mins
Week 2 4/12 – 4/18	Off	22 min jog or XT	Class 22 min jog	Off or XT	22 min jog	Off or XT	2.5 miles jog 25 – 35 mins
Week 3 4/19 – 4/25	Off	24 min jog or XT	Class 24 min jog	Off or XT	24 min jog	Off or XT	3 miles jog 30 – 40 mins
Week 4 4/26 – 5/2	Off	26 min jog or XT	Class 26 min jog	Off or XT	26 min jog	Off or XT	3.5 miles jog 35 – 45 mins
Week 5 5/3 – 5/9	Off	28 min jog or XT	Class 28 min jog	Off or XT	28 min jog	Off or XT	3.5 mile jog 35 – 45 mins
Week 6 5/10 – 5/16	Off	30 min jog or XT	Class 30 min jog	Off or XT	30 min jog	Off or XT	4 mile jog 40 – 45 mins
Week 7 5/17 – 5/23	Off	32 min jog or XT	Class 32 min jog	Off or XT	32 min jog	Off or XT	4.5 mile jog 45 – 50 mins
Week 8 5/24 – 5/30	Off	34 min jog or XT	Class 34 min jog	Off or XT	34 min jog	Off	1.5 mile jog 15 – 20 mins easy

- XT = Cross Train (Elliptical Trainer, Bicycle, Swim, walk, etc.)
- Three days a week is a minimum, 4 is good, 5 is great, six is borderline compulsive, and 7 is too much!
- All Training begins with a 10 min. warm-up jog and/or walk and ends with a 10 min cool-down jog/walk that is not part of the times shown in the schedule.
- Jog/run pace is where you can still talk without gasping for breath, are working, but enjoying the time.
- If you are out on a run and it has stopped being fun and you are seriously questioning the wisdom of this running thing, do not despair. First, try slowing down the pace and realize that it takes up to a minute or so for the slower pace to begin to feel better so hang in there for at least a minute. If the fun factor is not higher yet, take a short walk break and then try running again at a pace that does feel good. No worries and no shame if you need a walk break. Keep this fun. Everyone has a bad day. Soon you will be able to adjust your pace rather than walk. Getting out there regularly and enjoying your time is way more important than anything else.