

Florida Striders Class Training Schedule – Beginning

Week	Monday	Tuesday	Wednesday.	Thursday	Friday	Saturday	Sunday
Week 1 4/5 – 4/11	Off	Off	Class 10 min run/walk	Off or XT	10 min run/walk	Off or XT	1 mile run/walk 10 – 15 mins
Week 2 4/12 – 4/18	Off	12 min run/walk or XT	Class 12 min run/walk	Off or XT	12 min run/walk	Off or XT	1.5 miles run/walk 15 – 25 mins
Week 3 4/19 – 4/25	Off	14 min run/walk or XT	Class 14 min run/walk	Off or XT	14 min run/walk	Off or XT	2 miles run/walk 20 – 30 mins
Week 4 4/26 – 5/2	Off	16 min run/walk or XT	Class 16 min run/walk	Off or XT	16 min run/walk	Off or XT	2.5 miles run/walk 25 – 35 mins
Week 5 5/3 – 5/9	Off	18 min run/walk or XT	Class 18 min run/walk	Off or XT	18 min run/walk	Off or XT	3 mile run/walk 30 – 40 mins
Week 6 5/10 – 5/16	Off	20 min run/walk or XT	Class 20 min run/walk	Off or XT	20 min run/walk	Off or XT	3 mile run/walk 30 – 40 mins
Week 7 5/17 – 5/23	Off	22 min run/walk or XT	Class 22 min run/walk	Off or XT	22 min run/walk	Off or XT	3.5 miles run/walk 35 – 45 mins
Week 8 5/24 – 5/30	Off	24 min run/walk or XT	Class 24 min run/walk	Off or XT	24 min run/walk	Off	1 mile run/walk 10 – 15 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 walk and ends with a 10 min cool-down 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. Walking is brisk, but at a pace that your body is recovering and ready to jog again. If ever you need another walk interval – take it. Consistency wins. Pain loses.
- Run/Walk Time – Week 1: jog comfortably 1 min, then walk briskly 1 min, jog 1 min, walk 1 min, etc., until your total training time is complete. For a 10 min run/walk you would jog a total of 5 mins & walk a total of 5 mins.
- Week 2: Jog comfortably 2 mins, walk briskly 1 min, jog 2 mins, walk 1 min, etc., until the total training time/distance is reached.
- Week 3 – now you are jogging for 3 minutes at a time with a 1 min walk break, repeating until total time/distance is reached.
- Week 4 – 4 min jogs with 1 min walks in between the jogs.
- Week 5 – 8: Same pattern as above with the Week # being the number of minutes of your jog, followed by a 1 min walk break. By week 8 you may find that you do not need the walk breaks any longer.