



# mermaidseries

*find your happy pace!*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Week #1</b>	REST Yoga or light stretching	DISTANCE 3 miles	CROSS TRAIN & STRENGTH CT: 30-45 min on bike, swim or elliptical ST: planks / bridges lateral sidesteps / squats	DISTANCE 2 mi or 20 min warm up +3 hill sprints with walk recovery 10 min cool down	REST	DISTANCE 5 miles	CROSS TRAIN & STRENGTH CT: 30min light jog  ST: planks / bridges lateral sidesteps / squats
<b>Week #2</b>	REST Yoga or light stretching	DISTANCE 3 miles	CROSS TRAIN & STRENGTH CT: 30-45 min on bike, swim or elliptical ST: planks / bridges lateral sidesteps / squats	DISTANCE 2 mi or 20 min warm up +3 hill sprints with walk recovery 10 min cool down	REST	DISTANCE 6 miles	CROSS TRAIN & STRENGTH CT: 30min light jog  ST: planks / bridges lateral sidesteps / squats
<b>Week #3</b>	REST Yoga or light stretching	DISTANCE 4 miles	CROSS TRAIN & STRENGTH CT: 30-45 min on bike, swim or elliptical ST: planks / bridges lateral sidesteps / squats	DISTANCE 2 mi or 20 min warm up +3 hill sprints w/walk recovery 10 min cool down	REST	DISTANCE 7 miles	CROSS TRAIN & STRENGTH CT: 30min light jog  ST: planks / bridges lateral sidesteps / squats
<b>Week #4</b>	REST Yoga or light stretching	DISTANCE 4 miles	CROSS TRAIN & STRENGTH CT: 45 min on bike, swim or elliptical ST: planks / bridges lateral sidesteps / squats	DISTANCE 2 mi or 20 min warm up +4 hill sprints with walk recovery 10 min cool down	REST	DISTANCE 5 miles	CROSS TRAIN & STRENGTH CT: 40 min light jog  ST: planks / bridges lateral sidesteps / squats
<b>Week #5</b>	REST Yoga or light stretching	DISTANCE 4.5 miles	CROSS TRAIN & STRENGTH CT: 45 min on bike, swim or elliptical ST: planks / bridges lateral sidesteps / squats	DISTANCE 2 mi or 20 min warm up +4 hill sprints with walk recovery 10 min cool down	REST	DISTANCE 8 miles	CROSS TRAIN & STRENGTH CT: 40 min light jog  ST: planks / bridges lateral sidesteps / squats
<b>Week #6</b>	REST Yoga or light stretching	DISTANCE 4.5 miles	CROSS TRAIN & STRENGTH CT: 45 min on bike, swim or elliptical ST: planks / bridges lateral sidesteps / squats	DISTANCE 2 mi or 20 min warm up +5 hill sprints with walk recovery 10 min cool down	REST	DISTANCE 9.5 miles	CROSS TRAIN & STRENGTH CT: 40 min light jog  ST: planks / bridges lateral sidesteps / squats
<b>Week #7</b>	REST Yoga or light stretching	DISTANCE 3 miles	CROSS TRAIN & STRENGTH CT: 45 min on bike, swim or elliptical ST: planks / bridges lateral sidesteps / squats	DISTANCE 2 mi or 20 min warm up +3 hill sprints with walk recovery 10 min cool down	REST	DISTANCE 5 miles	CROSS TRAIN & STRENGTH CT: 30 min light jog  ST: planks / bridges lateral sidesteps / squats
<b>Week #8</b>	REST Yoga or light stretching	DISTANCE 3 miles	CROSS TRAIN & STRENGTH CT: 30 min on bike, swim or elliptical ST: planks / bridges lateral sidesteps / squats	DISTANCE 2 miles (shake out run relax and breathe out the jitters)	REST	REST	<b>RACE DAY!!</b> <b>10 miles</b> <b>Smile &amp; Enjoy</b>

This training plan is built for a beginning runner who has completed a 10k recently (within the last month) and is currently averaging 12 - 15 miles per week. If you are unable to run the entire distance planned for the day, it is okay to take walk breaks or create an interval where you implement a run/walk method of 3:1 or 4:1 (higher for faster runners). Your comfort is key.