

See-Us Run Des Moines Training Plan

WEEK	DATE	MON	TUES	WED	THURS	FRI	SAT	SUN	JOG/WALK RATIO
Pre 1	3/29		Strength/ Walk 10-15 minutes		Strength/ Walk 10-15 minutes		"homework workout"		
Pre 2	4/5		Strength/ Walk 20 minutes		Strength/ Walk 20 minutes		"homework workout"		
Pre 3	4/12		Strength/ Walk 30 minutes		Strength/ Walk 30 minutes		"homework workout"		
Pre 4	4/19		GRAND BLUE MILE/ SRDM KICK- OFF		Strength/ Walk 30 minutes		"homework workout"		Jog=5-10/ Walk=1-2
1	4/26	20 min/1-2 miles	20 min/1-2 miles		20 min/1-2 miles		1 - 2 miles		Jog=5-10/ Walk=1-2
2	5/3	25 min/1-2 miles	25 min/1-2 miles		25 min/1-2 miles		<i>Volunteer @ ChildServe 5K & Kids' Run</i>		Jog=8-10/ Walk=1-2
3	5/10	25 min/1-2 miles	25 min/1-2 miles		25 min/1-2 miles		<i>WHAMM 5K</i>		Jog=8-10/ Walk=1-2
4	5/17	30 min/2-3 miles	30 min/2-3 miles		30 min/2-3 miles		2-3 miles		Jog=10/ Walk=1-2
5	5/24	35 min/2-3 miles	35 min/2-3 miles		35 min/2-3 miles		3-4 miles		Jog=11/ Walk=1-2

6	5/31	40 min/3-4 miles	40 min/3-4 miles		40 min/3-4 miles		5-6 miles		Jog=12/ Walk=1-2
7	6/7	45 min/3-4 miles	45 min/3-4 miles		45 min/3-4 miles		8 miles		Jog=13/ Walk=1-2
8*	6/14	50 min/4-6 miles	50 min/4-6 miles		50 min/4-6 miles		<i>Clive Running Fest 10K</i>		Jog=14/ Walk=1-2
9*	6/21	50 min/5-7 miles	50 min/5-7 miles		50 min/5-7 miles		8-9 miles		Jog=15/ Walk=1-2
10*	6/28	60 min/5-7 miles	60 min/5-7 miles		60 min/5-7 miles		8-9 miles		Jog=16/ Walk=1-2
11*	7/5	60 min/6-8 miles	60 min/6-8 miles		60 min/6-8 miles		<i>Midnight Madness 10K</i>		Jog=17/ Walk=1-2
12*	7/12	60 min/6-8 miles	60 min/6-8 miles		60 min/6-8 miles		10 - 11 miles		Jog=18/ Walk=1-2
13*	7/19	60 min/6-9 miles	60 min/6-9 miles		60 min/6-9 miles		6 miles		Jog=19/ Walk=1-2
14*	7/26	60 min/6-9 miles	60 min/6-9 miles		60 min/6-9 miles		13 miles		Jog=20/ Walk=1-2
15*	8/2	60 min/6-9 miles	60 min/6-9 miles		60 min/6-9 miles		10 miles		Jog=22/ Walk=1-2
16*	8/9	60 min/6-9 miles	60 min/6-9 miles		60 min/6-9 miles		10 miles		Jog=24/ Walk=1-2
17*	8/16	60 min/6-9 miles	60 min/6-9 miles		60 min/6-9 miles		13.1 miles		Jog=26/ Walk=1-2

18	8/23	60 min/6-9 miles	60 min/6-9 miles		60 min/6-9 miles		<i>Scheel's Shoes That Fit 10K</i>		Jog=30/ Walk=1-2
19	8/30	60 min/6-9 miles	60 min/6-9 miles		60 min/6-9 miles		15 miles		Jog=5-10/ Walk=1-2
20	9/6	60 min/6-9 miles	60 min/6-9 miles		60 min/6-9 miles		10 miles		Jog=10/ Walk=1-2
21	9/13	60 min/6-9 miles	60 min/6-9 miles		60 min/6-9 miles		<i>18 mile SRDM & Friends Run</i>		Jog=10/ Walk=1-2
22	9/20	60 min/6-9 miles	60 min/6-9 miles		60 min/6-9 miles			<i>Capital Pursuit 10 mile Race</i>	Jog=10/ Walk=1-2
23	9/27	60 min/6-9 miles	60 min/6-9 miles		60 min/6-9 miles		12-14 miles		Jog=5-10/ Walk=1-2
24	10/4	60 min/5-6 miles	60 min/5-6 miles	Rest	60 min/5-6 miles	Rest	8 miles	Rest	Jog=5-10/ Walk=1-2
25	10/11	60 min/2-3 miles	60 min/2-3 miles	Rest	60 min/2-3 miles	Rest	<i>Expo and Pasta Dinner</i>	<i>Des Moines Marathon!</i>	Jog=10/ Walk=1-2
26							CELEBRATE!!!		

*** Summer Schedule (TBD)**

Monday/Tues/Thurs Workouts start at 3:00 p.m. at Roosevelt High School (Except for during Summer Schedule).

Weekend training runs start at 7:30 a.m. at Roosevelt. We anticipate joining the Capital Striders Summer/Fall Saturday training runs in mid-June. If time &/or location change, you will be informed a week or more prior.

Weekend races and special events start times and locations vary depending on event. Details will be provided prior to each.

One or two of your "off days" (blank above) could be devoted to cross-training and strength training. Rest when indicated

This training plan is subject to change.