

# Race w Grace 2009 Training Schedule

20 Weeks to a 10K

July																August																			
	Mon	Tue	Wed	Thu	Fri	Sat	Sun	TOTAL		Mon	Tue	Wed	Thu	Fri	Sat	Sun	TOTAL		Mon	Tue	Wed	Thu	Fri	Sat	Sun	TOTAL		Mon	Tue	Wed	Thu	Fri	Sat	Sun	TOTAL
DATE	13	14	15	16	17	18	19	4.0	DATE	20	21	22	23	24	25	26	4.0	DATE	27	28	29	30	31	1	2	5.0	DATE	3	4	5	6	7	8	9	5.0
Novice	1	OFF	1	OFF	1	OFF	1	4.0	Novice	OFF	1	1	OFF	1	1	OFF	4.0	Novice	1.25	OFF	1.25	OFF	1.25	OFF	1.25	5.0	Novice	OFF	1.25	1.25	OFF	1.25	1.25	OFF	5.0
Veteran	5	4	6	OFF	4	6	OFF	25.0	Veteran	5	4	6	OFF	4	6	OFF	25.0	Veteran	6	4	OFF	7	OFF	8	4	29.0	Veteran	OFF	7	5	OFF	5	6	4	27.0
Actual									Actual									Actual									Actual								
August																September																			
	Mon	Tue	Wed	Thu	Fri	Sat	Sun	TOTAL		Mon	Tue	Wed	Thu	Fri	Sat	Sun	TOTAL		Mon	Tue	Wed	Thu	Fri	Sat	Sun	TOTAL		Mon	Tue	Wed	Thu	Fri	Sat	Sun	TOTAL
DATE	10	11	12	13	14	15	16	6.0	DATE	17	18	19	20	21	22	23	6.0	DATE	24	25	26	27	28	29	30	8.0	DATE	31	1	2	3	4	5	6	8.0
Novice	1.5	OFF	1.5	OFF	1.5	OFF	1.5	6.0	Novice	OFF	1.5	1.5	OFF	1.5	1.5	OFF	6.0	Novice	2	OFF	2	OFF	2	OFF	2	8.0	Novice	OFF	2	2	OFF	2	2	OFF	8.0
Veteran	OFF	7	6	7	OFF	8	4	32.0	Veteran	OFF	7	5	OFF	4	6	6	28.0	Veteran	OFF	7	6	7	OFF	8	5	33.0	Veteran	OFF	7	5	OFF	4	6	6	28.0
Actual									Actual									Actual									Actual								
September																October																			
	Mon	Tue	Wed	Thu	Fri	Sat	Sun	TOTAL		Mon	Tue	Wed	Thu	Fri	Sat	Sun	TOTAL		Mon	Tue	Wed	Thu	Fri	Sat	Sun	TOTAL		Mon	Tue	Wed	Thu	Fri	Sat	Sun	TOTAL
DATE	7	8	9	10	11	12	13	10.0	DATE	14	15	16	17	18	19	20	10.3	DATE	21	22	23	24	25	26	27	11.0	DATE	28	29	30	1	2	3	4	12.0
Novice	2.5	OFF	2.5	OFF	2.5	OFF	2.5	10.0	Novice	OFF	2.5	2.5	OFF	2.5	2.8	OFF	10.3	Novice	2.5	OFF	3	OFF	2.5	OFF	3	11.0	Novice	OFF	3	3	OFF	3	3	OFF	12.0
Veteran	OFF	6	8	6	OFF	10	6	36.0	Veteran	OFF	7	5	OFF	4	6	6	28.0	Veteran	OFF	6	8	6	OFF	10	5	35.0	Veteran	OFF	7	6	7	OFF	8	5	33.0
Actual									Actual									Actual									Actual								
October																November																			
	Mon	Tue	Wed	Thu	Fri	Sat	Sun	TOTAL		Mon	Tue	Wed	Thu	Fri	Sat	Sun	TOTAL		Mon	Tue	Wed	Thu	Fri	Sat	Sun	TOTAL		Mon	Tue	Wed	Thu	Fri	Sat	Sun	TOTAL
DATE	5	6	7	8	9	10	11	12.0	DATE	12	13	14	15	16	17	18	12.6	DATE	19	20	21	22	23	24	25	14.0	DATE	26	27	28	29	30	31	1	15.0
Novice	3	OFF	3	OFF	3	OFF	3	12.0	Novice	OFF	3.5	3	OFF	3	3.1	OFF	12.6	Novice	3.5	OFF	3.5	OFF	3.5	OFF	3.5	14.0	Novice	OFF	3.5	4	OFF	3.5	4	OFF	15.0
Veteran	OFF	6	8	6	OFF	10	6	36.0	Veteran	OFF	7	5	7	OFF	8	6	33.0	Veteran	OFF	8	6	6	OFF	12	6	38.0	Veteran	OFF	6	8	6	OFF	10	6	36.0
Actual									Actual									Actual									Actual								
	Mon	Tue	Wed	Thu	Fri	Sat	Sun	TOTAL		Mon	Tue	Wed	Thu	Fri	Sat	Sun	TOTAL		Mon	Tue	Wed	Thu	Fri	Sat	Sun	TOTAL		Mon	Tue	Wed	Thu	Fri	Sat	Sun	TOTAL
DATE	2	3	4	5	6	7	8	16.0	DATE	9	10	11	12	13	14	15	17.0	DATE	16	17	18	19	20	21	22	19.2	DATE	23	24	25	26	27	28	29	7.0
Novice	4	OFF	3.5	OFF	4	OFF	4.5	16.0	Novice	OFF	4	4	OFF	4	5	OFF	17.0	Novice	4	OFF	5	4	OFF	6.2	OFF	19.2	Novice	4	3	OFF					7.0
Veteran	OFF	8	6	6	OFF	12	6	38.0	Veteran	OFF	5	8	5	OFF	10	5	33.0	Veteran	OFF	6	4	6	OFF	6.2	OFF	22.2	Veteran	6	4	OFF					10.0
Actual									Actual									Actual									Actual								

**NOVICE**  
 The novice training schedule is designed for someone who has NEVER run before. Before embarking on the program, please make sure you are in good physical health. The schedule can be accelerated if your fitness level can tolerate it. The *rule of thumb* is not to increase mileage by more than 10% each week.

**VETERAN**  
 The veteran training schedule is intended to lead the *vet* to a **PR** or personal best. The veteran should already be running 25 (or more) miles/week with a weekly high of 6 miles. One day/week should be dedicated to speedwork. Do 1/4's (10-12) or 1/2's (5-6) at your target race pace with appropriate rest (slow jog) in between. Remember to warm-up and cool down (usually a minimum of 1 mile for each) appropriately.

**Group Training Opportunities (tentative schedule)**  
 August 22nd ... 2-6 miles with the Bagel Bunch\*\*/7:00 am  
 September 19th ... 3-6 miles with the Bagel Bunch\*\*/7:00 am  
 October 17th ..... Run for Hospice 5K at G&TSP/9:00 am  
 November 14th ... 5 miles with the Bagel Bunch\*\*/7:00 am  
 November 21st ... 10K (run the course) at FBBC/7:00 am  
 \*\* the Bagel Bunch meets at Bruegger's/Latta & Long Pond Roads