

Cedar Rapids Run the Flood
8-week Training Schedule for 7-mile Run



Training Start Date – Monday, April 16
Race Day – Saturday, June 9

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 - 4/16	Rest	1 mi	Rest	1.5 mi	Rest	2 mi	1 mi EZ
2 - 4/23	Rest	2 mi	Rest	2.5 mi	Rest	3 mi	2 mi EZ
3 - 5/30	Rest	2 mi	Rest	3 mi	CT or Rest	4 mi	2.5 mi EZ
4 - 5/07	Rest	2.5 mi	2 mi	3 mi	CT or Rest	5 mi	2 mi EZ
5 - 5/14	Rest	3 mi	Rest	4 mi	CT or Rest	6 mi	3 mi EZ
6 - 5/21	Rest	3 mi	3 mi	3 mi	CT or Rest	7 mi	3 mi EZ
7 - 5/28	Rest	4 mi	Rest	3 mi	CT or Rest	5 mi	2.5 mi EZ
8 - 6/04	Rest	2 mi	20 minutes	Rest	20 minutes	Race Day!	Rest Day!

Notes about the schedule:

Mondays: Mondays are rest days. Rest is critical to your recovery and injury prevention efforts, so don't ignore rest days.

Tuesdays and Thursdays: After your warm up, run at a moderate pace (slightly faster than your long run pace) for the designated mileage. Cool down and stretch after your run.

Wednesdays: Some Wednesdays are designated rest days. For run days, make sure you warm up, then run at a comfortable but determined pace for the designated mileage. Cool down and stretch after your run.

Fridays: Do a cross-training (CT) activity (biking, swimming, elliptical trainer, etc.) at easy-to-moderate effort for 30 to 45 minutes. If you're feeling very sluggish or sore on Friday, take a rest day. It's important that you're feeling strong for your Saturday long run.

Saturdays: This is the day for your long slow distance run. Run the designated mileage at an easy, conversational pace. Use your breathing as your guide. You should be able to breathe easily and talk in complete sentences comfortably during your run.

Sundays: This is an active recovery day. Your short run should be at a very easy (EZ), comfortable pace, which helps loosen up your muscles.

Training schedule provided by About.com