

# MOVERS (NOVICE RUNNERS/WALKERS)

You are excited to **jumpstart or restart your fitness journey**, you have been approved by a medical professional to participate in an exercise program and you have your eye on the prize—Ukrop's Monument Avenue 10K presented by Kroger. This 10-week plan is designed to prepare you to complete the 10K, regardless of your speed. You want a lower mileage program.

If this sounds like you, then you're ready to get started! While you are training, your primary form of exercise should start at a gentle pace and transition into faster pace walking or running. The purpose of beginning slowly is to condition the heart and lungs, other muscles, connective tissue, and your mind. Mixing in a combination of walking and running is a good way to build your endurance. An easy way to do this is to pick two points, for example, two mail boxes or street light posts. Start at your first point and increase your pace until you reach your second point.

Expect to feel a little soreness the first week or two. It will take a little while for your body to adjust. If you feel more than general soreness, back off! Don't try to keep pushing through pain, this could result in serious consequences! If you feel pain, rest and use ice. Try to talk to someone who has some experience with walking/running related injuries, or consult your doctor. If you have to take a break for injury or family commitments, do not give up! If you miss a workout or two, just pick up where you left off. Don't try to cram in or double up missed workouts. The days of the week listed in the schedule are for guidance. Do your workouts on the days that work best for your schedule. Make the schedule work for your life. Modify as necessary.

## WORKOUT LINGO & LEGEND

### Conversational Pace Workouts (CP)

Most of your running/walking mileage through the season should be completed at conversational pace. These workouts should be at a comfortable but consistent level where you can carry on a reasonable conversation. If you can only speak in short sentences between breaths then you are running too hard. This pace is designed to help you increase your confidence and your mileage safely while building endurance. Your conversational pace will adjust throughout the season depending on weather and generally how you feel. Do NOT try to go as fast as you can!

### Interval Workouts (IW)

After a 5-10 minute warm-up at a conversational pace, run or walk a little faster—somewhere close to your race pace (the pace/speed you plan to hold throughout the race)—for 30 seconds. Recover and repeat for 4-6 times. Work towards 6-8 intervals of 45 seconds as your conditioning improves.

### Recovery Workouts (RW)

These are easy workouts that keep you moving in between higher effort workouts. It should be a comfortable pace that helps to build your endurance and mileage. Recovery workouts can help minimize soreness as well.

### Cross-Training (XT)

Run/Walk specific cross training is engaging in activities that mimic running/walking form and improve (maintain) cardiorespiratory fitness, while not taxing your skeletal

system and connective tissue. These are activities with reduced impact on your joints. Cross training should not replace walking/running—it is meant as supplemental activities: a change of pace, injury prevention, helps increase aerobic capacity. Examples of run/walk specific cross training activities are: elliptical, stair stepper, walking/hiking, swimming, cycling, and ice skating. [See page 22](#) for more information

### Active Recovery (AR)

Active Recovery days are meant to give your body a rest while still doing something. These are low to moderate intensity workouts that don't cause body stress. These are great opportunities to work on flexibility and strength, focus on your breath and give yourself a mental break from the training plan. Examples: Yoga, Light Resistance Band work, Easy Walk, Tai Chi, Core and Hip Strengthening, Foam Rolling, Stretching, Mobility. If you are injured, feeling pain, or too fatigued do not take the Active Recovery, take the rest day.

### Rest

**Rest is as important to your training as your workouts.** Rest days give your muscles a chance to repair and rebuild, making you stronger. Be realistic about your fatigue level and do not feel guilty if you decide to take an additional day off to recover. Rest is not just for the body but also for the mind. Give your mind a break from the rigors of training when it's needed. Take your rest days!

# MOVERS

## Saturday Training Schedule | February 10 - April 21

MON	TUES	WED	THURS	FRI	SAT	SUN
					FEB 10 <b>1 Mile (CP)</b>	FEB 11 <b>AR or Rest</b>
FEB 12 <b>1.5 Mile (RW)</b>	FEB 13 <b>Rest</b>	FEB 14 <b>1.5 Miles (CP)</b>	FEB 15 <b>20 MIN (CP) or XT</b>	FEB 16 <b>XT or Rest</b>	FEB 17 <b>2 Mile (CP)</b>	FEB 18 <b>AR or Rest</b>
FEB 19 <b>2 Miles (IW)</b>	FEB 20 <b>Rest</b>	FEB 21 <b>2.5 Miles (CP)</b>	FEB 22 <b>2 Mile (CP) or XT</b>	FEB 23 <b>XT or Rest</b>	FEB 24 <b>3 Mile (CP)</b>	FEB 25 <b>AR or Rest</b>
FEB 26 <b>2.5 Miles (CP)</b>	FEB 27 <b>Rest</b>	FEB 28 <b>3 Miles (CP)</b>	FEB 29 <b>2 Miles (IW) or XT</b>	MAR 1 <b>XT or Rest</b>	MAR 2 <b>3.5 Mile (CP)</b>	MAR 3 <b>AR or Rest</b>
MAR 4 <b>3 Miles (CP)</b>	MAR 5 <b>Rest</b>	MAR 6 <b>3 Miles (CP)</b>	MAR 7 <b>2.5 Miles (IW) or XT</b>	MAR 8 <b>XT or Rest</b>	MAR 9 <b>4 Miles (CP)</b>	MAR 10 <b>AR or Rest</b>
MAR 11 <b>3 Miles (CP)</b>	MAR 12 <b>Rest</b>	MAR 13 <b>3.5 Miles (CP)</b>	MAR 14 <b>2.5 Miles (IW) or XT</b>	MAR 15 <b>XT or Rest</b>	MAR 16 <b>4.5 Miles (CP)</b>	MAR 17 <b>AR or Rest</b>
MAR 18 <b>3.5 Miles (IW)</b>	MAR 19 <b>Rest</b>	MAR 20 <b>4 Miles (CP)</b>	MAR 21 <b>3 Miles (CP) or XT</b>	MAR 22 <b>XT or Rest</b>	MAR 23 <b>5 Miles (CP)</b>	MAR 24 <b>AR or Rest</b>
MAR 25 <b>3.5 Miles (RW)</b>	MAR 26 <b>Rest</b>	MAR 27 <b>4 Miles (CP)</b>	MAR 28 <b>3 Miles (IW) or XT</b>	MAR 29 <b>XT or Rest)</b>	MAR 30 <b>5.5 Miles (CP)</b>	MAR 31 <b>AR or Rest</b>
APR 1 <b>3.5 Miles (RW)</b>	APR 2 <b>Rest</b>	APR 3 <b>4.5 Miles (CP)</b>	APR 4 <b>3 Miles (IW) or XT</b>	APR 5 <b>XT or Rest</b>	APR 6 <b>6 Miles (CP)</b>	APR 8 <b>AR or Rest</b>
APR 8 <b>3 Miles (RW)</b>	APR 9 <b>Rest</b>	APR 10 <b>4 Miles (CP)</b>	APR 11 <b>2.5 Miles (CP) or XT</b>	APR 12 <b>XT or Rest</b>	APR 13 <b>4 Miles (CP)</b>	APR 14 <b>AR or Rest</b>
APR 15 <b>3 Miles (RW)</b>	APR 16 <b>Rest</b>	APR 17 <b>Light/Easy XT</b>	APR 18 <b>30 Min EASY (CP)</b>	APR 19 <b>Rest</b>	APR 20 <b>6.2 Miles Race Day</b>	APR 21 <b>Rest</b>

# MOVERS

## Sunday Training Schedule | February 10 - April 21

MON	TUES	WED	THURS	FRI	SAT	SUN
					FEB 10 <b>AR or Rest</b>	FEB 11 <b>1 Mile Run (CP)</b>
FEB 12 <b>AR or Rest</b>	FEB 13 <b>1.5 Mile Run (RW)</b>	FEB 14 <b>Rest</b>	FEB 15 <b>1.5 Miles (CP)</b>	FEB 16 <b>20 Min (CP) or XT</b>	FEB 17 <b>XT or Rest</b>	FEB 18 <b>2 Miles (CP)</b>
FEB 19 <b>AR or Rest</b>	FEB 20 <b>2 Miles (IW)</b>	FEB 21 <b>Rest</b>	FEB 22 <b>2.5 Miles (CP)</b>	FEB 23 <b>2 Miles (CP) or XT</b>	FEB 24 <b>XT or Rest</b>	FEB 25 <b>3 Miles (CP)</b>
FEB 26 <b>AR or Rest</b>	FEB 27 <b>2.5 Miles (CP)</b>	FEB 28 <b>Rest</b>	FEB 29 <b>3 Miles (CP)</b>	MAR 1 <b>2 Miles (IW) or XT</b>	MAR 2 <b>XT or Rest</b>	MAR 3 <b>3.5 Miles (C)</b>
MAR 4 <b>AR or Rest</b>	MAR 5 <b>3 Miles (CP)</b>	MAR 6 <b>Rest</b>	MAR 7 <b>3 Miles (CP)</b>	MAR 8 <b>2.5 Miles (IW) or XT</b>	MAR 9 <b>XT or Rest</b>	MAR 10 <b>4 Miles (CP)</b>
MAR 11 <b>AR or Rest</b>	MAR 12 <b>3 Miles (CP)</b>	MAR 13 <b>Rest</b>	MAR 14 <b>3.5 Miles (CP)</b>	MAR 15 <b>2.5 Miles (IW) or XT</b>	MAR 16 <b>XT or Rest</b>	MAR 17 <b>4.5 Miles (CP)</b>
MAR 18 <b>AR or Rest</b>	MAR 19 <b>3.5 Miles (IW)</b>	MAR 20 <b>Rest</b>	MAR 21 <b>4 Miles (CP)</b>	MAR 22 <b>3 Miles (CP) or XT</b>	MAR 23 <b>XT or Rest</b>	MAR 24 <b>5 Miles (CP)</b>
MAR 25 <b>AR or Rest</b>	MAR 26 <b>3.5 Miles (RW)</b>	MAR 27 <b>Rest</b>	MAR 28 <b>4 Miles (CP)</b>	MAR 29 <b>3 Miles (IW) or XT</b>	MAR 30 <b>XT or Rest</b>	MAR 31 <b>5.5 Miles (CP)</b>
APR 1 <b>AR or Rest</b>	APR 2 <b>3.5 Miles (RW)</b>	APR 3 <b>Rest</b>	APR 4 <b>4.5 Miles (CP)</b>	APR 5 <b>3 Miles (IW) or XT</b>	APR 6 <b>XT or Rest</b>	APR 7 <b>6 Miles (CP)</b>
APR 8 <b>AR or Rest</b>	APR 9 <b>3 Miles (RW)</b>	APR 10 <b>Rest</b>	APR 11 <b>4 Miles (CP)</b>	APR 12 <b>2.5 Miles (CP) or XT</b>	APR 13 <b>XT or Rest</b>	APR 14 <b>4 Miles (CP)</b>
APR 15 <b>AR or Rest</b>	APR 16 <b>3 Miles (RW)</b>	APR 17 <b>Light/Easy XT</b>	APR 18 <b>30 min EASY (CP)</b>	APR 19 <b>Rest</b>	APR 20 <b>6.2 Miles Race Day</b>	APR 21 <b>Rest</b>