

TROTTER (Intermediate Level Jogger)

November

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>"One run can change your day; many runs can change your life."</p>	1 Walk/jog for 20' min	2 Jog for 25' min	3 Jog for 30' min	4 Walk/jog 2 mi.	5 RECOVERY DAY <i>*Recovery day can mean a swim/yoga class or off day.</i>
6 RECOVERY DAY	7 Jog for 25' min	8 WORKOUT- Run 7 minutes, walk 1 minute. Repeat 3 times.	9 Jog for 30' min <i>"Running is the classical road to self-consciousness, self-awareness, and self-reliance."</i>	10 Run 2 mi. @ steady pace	11 WORKOUT- Run 15 seconds, walk 45 seconds. Repeat for 25' min.	12 RECOVERY DAY <i>*Feel free to come to the Y to swim or cycle during your recovery time.</i>
13 RECOVERY DAY	14 Jog for 30' min	15 WORKOUT- Hills 6-10x 30 second accelerations up a hill or incline on treadmill.	16 XT (CROSS-TRAIN): for 30 min to an hr.	17 Jog for 30' min <i>"Just stick with it. What seems hard now will one day be your warm-up"</i>	18 WORKOUT- Run 20 seconds, walk 40 seconds. Repeat for 25' min.	19 ENDURANCE RUN- 3 to 6 mi.
20 RECOVERY DAY	21 Jog for 35' min <i>"All great achievements require time."</i>	22 WORKOUT- Tempo 1.5 mi *find a steady/fast pace and maintain it for 1.5 mi.	23 Jog for 35' min	24 Run 2.5 mi. @ steady pace	25 WORKOUT- Run 25 seconds, walk 35 seconds. Repeat for 25' min.	26 ENDURANCE RUN- 3 to 6 mi.
27 RECOVERY DAY	28 Jog for 40' min	29 WORKOUT- Hills 6-10x 30 second accelerations up a hill or incline on treadmill.	30 XT (CROSS-TRAIN): for 30 min to an hr.			

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December

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Run 3 mi. @ steady pace	2 WORKOUT- Run 30 seconds, walk 30 seconds. Repeat for 25' min.	3 ENDURANCE RUN- 3 to 6 mi.
4 RECOVERY DAY <i>"Run when you can, walk if you have to, crawl if you must, just never give up."</i>	5 Jog for 25' min	6 WORKOUT- Tempo 2 mi. *FIND A STEADY/FAST PACE AND MAINTAIN IT FOR 2 MI.	7 XT (CROSS-TRAIN): for 30 min to an hr.	8 Jog for 30' min	9 Walk/jog for 20' min GET LOTS OF REST & CARBS!!	10 RACE DAY!!!

PROGRESSIVE Workout

Start at a decent pace and gradually increase at set points, such as every half mile or mile mark.

TEMPO Workout

Run at a pace you can maintain the entire distance.

INTERVAL Workout

A set distance of higher intensity pace followed by a set distance of lower intensity.

FARTLEK Workout

A timed interval of higher intensity pace followed by lower intensity.

ACCELERATIONS

Increasing speed rapidly or speeding up.

XT CROSS TRAINING

Engaging in other forms of exercise to improve fitness. For example, cycling or swimming.

STEADY PACE

A comfortable pace that is not too slow nor too fast.

TROTTER

"IN RUNNING, IT DOESN'T MATTER WHETHER YOU COME IN FIRST, IN THE MIDDLE OF THE PACK, OR LAST. YOU CAN SAY, 'I HAVE FINISHED.' THERE IS A LOT OF SATISFACTION IN THAT." — FRED LEBOW

HOW TO CREATE A GOAL...

- S-** Is it specific?
- M-** Is it measurable? How will you track your progress?
- A-** Is it attainable? Can you reach this goal in the timeframe you have and skill set?
- R-** Is it relevant to you?
- T-** Is there a specific time or end date?

GOAL...