

PHASE #2: "I BELIEVE IN MYSELF"

Phase #2 is called the "Aerobic Capacity Experience Building Phase" (4 weeks)

During phase #2, we work on building on the endurance which we have established in phase #1, the first 4 weeks of training. We are getting more experienced with our new life & run routine and gain more confidence. When we get this far, we want to succeed and go all the way! "I believe in myself". "I can do this!"

PHASE #2 (4 weeks):

WEEK #5:

PODCAST, EPISODE #5: "BELIEVE IN YOURSELF"

Change for week #5:

Day 2/Day 4 increasing the distance by 0.5 miles to 1.5 miles; increasing the long run (day 6) by 0.5 miles to 2 miles and adding a 4th day of training, day 7.

Day 1: Rest Day (yoga, core &/or Functional Training) for 30-60min.

When you know what you like, stick with it!

Day 2: Walk/Run routine as:

Walk 5min. brisk but relaxed for your warm-up, follow with a run/jog at a relaxed pace for 2min., then walk for 60 seconds brisk for 1.5 miles total (choose a 1.5-mile distance: A 1.5-mile loop or do 0.75 mile out, 0.75 mile back), finish with a 5min. brisk cool-down walk.

Day 3: Cross Training for 20-30min. today

Examples are rowing, cycling, swimming, elliptical, stairs or a hike

Day 4: Walk/Run routine as:

Walk 5min. brisk but relaxed for your warm-up, follow with a run/jog at a relaxed pace for 2min., then walk for 60 seconds brisk for 1.5 miles total (choose a 1.5-mile distance: A 1.5-mile loop or do 0.75 mile out, 0.75 mile back), finish with a 5min. brisk cool-down walk.

Day 5: Rest Day (Relax!)

Day 6: Walk 5min. brisk but relaxed for your warm-up, follow with a 2-Mile run/jog with breaks; run/jog relaxed for up to ½ mile, break (walk for 1min.), repeat 3x. (Can be broken into as many segments as needed! Breaks are okay!)

Day 7: Walk/Run routine as:
Walk 5min. brisk but relaxed for your warm-up, follow with a run/jog at a relaxed pace for 2min., then walk for 60 seconds brisk for 1.5 miles total (choose a 1.5-mile distance: A 1.5-mile loop or do 0.75 mile out, 0.75 mile back), finish with a 5min. brisk cool-down walk.