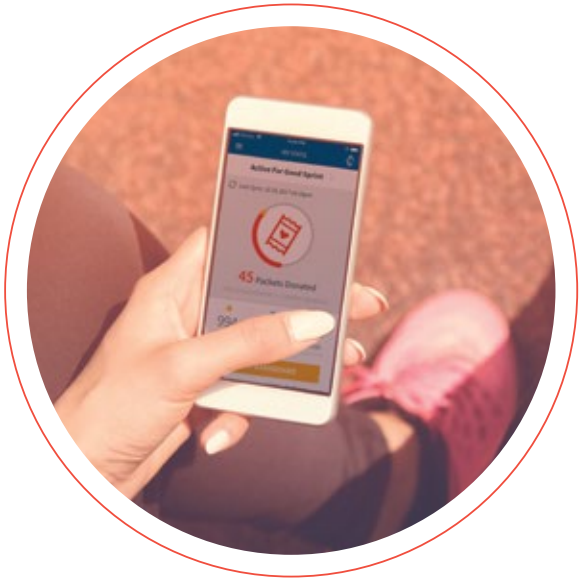
RUNNERS PLAYBOOK

Sticking to any fitness goal requires a deep sense of purpose. That's where we can help.

LEARN HOW TO RUN LIKE A PRO AND STAY MOTIVATED!



Believe You Can

Imagine your future self and how it feels to run, your lifestyle, your fitness level, your friends. Make that your new identity and quickly dismiss any old stories you tell yourself about not being active.

And don't go solo. Invite some friends to join the free Active For Good challenge with you. We believe you can do anything :)

Get Moving

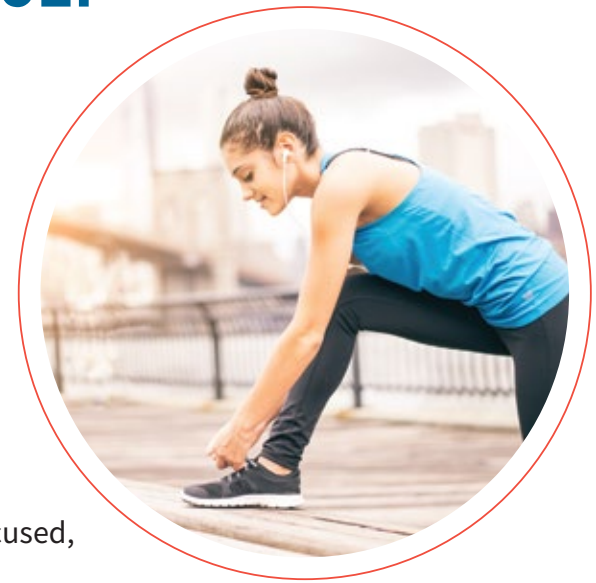
We love the saying, *"start where you are with what you have,"* which applies to any fitness program. Pick a goal just beyond your current normal; keep it simple and easy to attain.

Expect resistance but push through to meet that reachable goal. For example, if you're just starting out, don't feel intimidated by the training schedules included with this guide. Start by committing to run at least 1 mile per day.

Stay Motivated

Crush it on a 30-day streak with Active For Good. Join our monthly free challenge were all your running it converted into life-saving food for malnourished children. All the calories you burn are sponsored and turned into food for kids.

GO HARD, GO EASY…KNOW THE DIFFERENCE!



"A common problem is going hard when you're supposed to go easy, and that causes the inability to go hard when it really counts."

When training, always adding more distance, more intensity, and increased speed is not always better. What is better is finding balance. If you are working with a coach, you will usually have your key workouts, followed by easy recovery workouts. If you are self-coached, you can **use the simple rule of training one hard key workout day, followed by one easy day.**

All of your **key workout days** should be approached like a race day, meaning you should be focused, prepared, rested, and ready to perform. These training days are important for improving your performance. These are the workouts that you want to push yourself and go hard!

The **easy workout days** are just as important. Taking it easy and getting ready for the next key workout is essential. **These are the days where discipline is required not to go hard.**

If you are training hard all the time, your body experiences a snowball effect of fatigue with no time for recovery. The body will have a difficult time reaching peak performance.

Tip: While you may know what a hard or easy day feels like, we recommend using a heart rate to measure your effort during your workouts.

by Felipe Loureiro, Multiport Coach and Founder of Breakaway-Training.com

KEY EXERCISES FOR INJURY PREVENTION

With all exercises, maintaining proper form is your goal.

- A strong core provides stability for your lower extremities while running. Focus on engaging your abdominal muscles with all exercises.

- During standing exercises, keep your hips level, avoid letting your knees cave in, and keep your hips, knees, and ankles pointing forward.

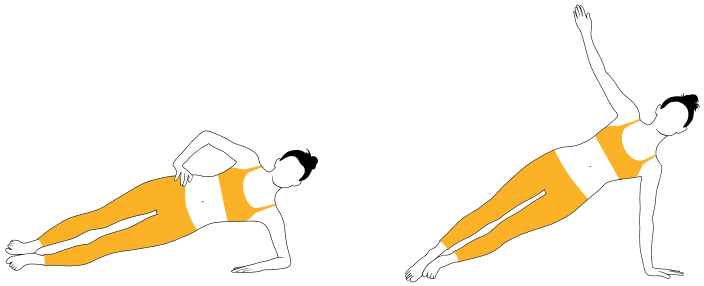
Core Strength

Planks

Keep abdominals tight, tailbone tucked under, and back flat.

- On Elbows
- With Straight Arms
- Add Leg Lifts

Hold 30-60 seconds. Progress from 3 reps to 10 reps



Side Planks

Keep abdominals tight and back flat.

- Add a leg lift
- Raise top arm to ceiling

Hold 30-60 seconds. Progress from 3 reps to 10 reps

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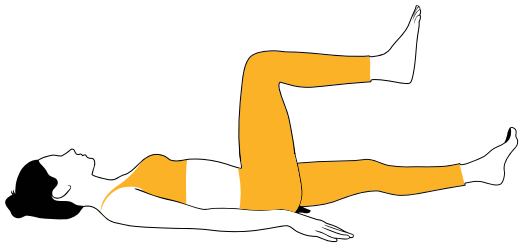
KEY EXERCISES FOR INJURY PREVENTION

Core Strength (cont.)

Abdominal Bracing with Leg Lowering

Lying on your back, bring your legs into a 90/90 position (or tabletop). Slowly extend and lower one leg towards the floor. Bring the leg back to its starting position and repeat with the opposite leg. Keep abdominals tight and don't let your back arch.

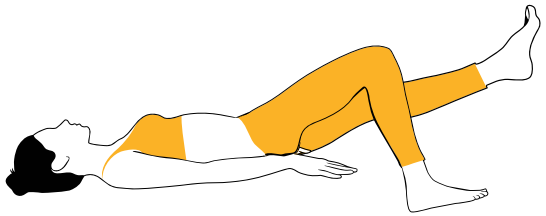


10 repetitions each leg, 3 sets

Lower Extremity Strength and Stability

Single-Leg Bridge

Lying on your back with both knees bent, lift one leg off of the ground. Squeeze your butt and lift is off the floor.



Repeat 10-15 times, Progress to 3 sets

Single-Leg Bridge on Bosu Ball

Focus on recruiting your gluteal muscles. You are over-utilizing your hamstring muscle if it cramps up during the bridge.

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KEY EXERCISES FOR INJURY PREVENTION

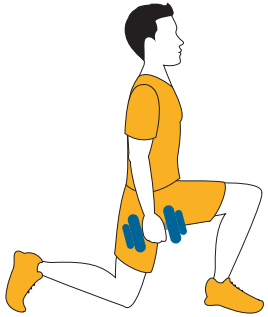
Lower Extremity Strength and Stability (cont.)

Side Squats with Resistance Band

Wrap a resistance band around your ankles. Stand with feet hip-width apart, knees slightly bent. Take a big step out to the side. Repeat 10 times and then continue in the opposite direction.

Repeat 5-10 times each direction.

Step Back Lunges



Standing with feet hip-width apart, step one leg behind you into a lunge position. Maintain a 90-degree angle for both knees, control the movement, and repeat 10-15 times. Repeat on the opposite leg.

2-3 sets for each leg.

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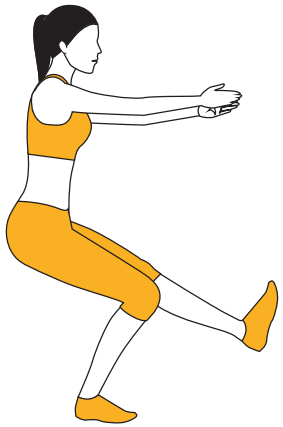
KEY EXERCISES FOR INJURY PREVENTION

Lower Extremity Strength and Stability (cont.)

Single-Leg Squats



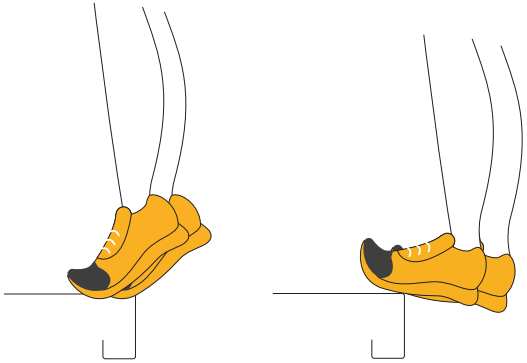
Standing on one leg, slowly perform a shallow squat.

- Keep your hips level
- Keep your hips, knees, & ankles pointing forward.
- Don't allow your knee to go past your toes.

10-15 repetitions each leg. Progress to 2-3 sets each.

Optional: Add a Bosu ball for more of a challenge

Eccentric Heel Raises



- Stand on a step or curb with your heels over the edge.
- Push up with both feet into a calf raise.
- Slowly lower the legs for a count of 5, the heels dropping below the step.

Repeat 10-15 times, 2-3 sets. Progress to Single Leg Reps.

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Beginner 5K Training Schedule

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	40 minutes Cross Training	25 minutes Interval	30 minutes Cross Training	25 minutes Interval	REST	3 Miles	3 Miles Walk
2	40 minutes Cross Training	30 minutes Interval	30 minutes Cross Training	30 minutes Interval	REST	5 Miles	3 Miles Walk
3	40 minutes Cross Training	25 minutes Interval	30 minutes Cross Training	25 minutes Interval	REST	3 Miles	3 Miles Walk
4	30 minutes Cross Training	REST	20 minutes Interval	REST	2 Miles	REST	RACE DAY

Intermediate 5K Training Schedule

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	40 minutes Cross Training	25 minutes Interval	30 minutes Cross Training	25 minutes Interval	REST	5 Miles	3 Miles
2	40 minutes Cross Training	30 minutes Interval	30 minutes Cross Training	30 minutes Interval	REST	7 Miles	3 Miles
3	40 minutes Cross Training	25 minutes Interval	30 minutes Cross Training	25 minutes Interval	REST	6 Miles	3 Miles
4	30 minutes Cross Training	REST	20 minutes Interval	REST	3 Miles	REST	RACE DAY

Easy workouts or rest days

Key workout days

- If your half-marathon race includes hills, be sure that you include them in your training routes. You can use a treadmill when training, but it's best to only use it for one to two of your shorter weekly workouts.
- Cross Training days are an easy to moderate workout that includes core workout, stretching plus movements such as swimming, biking, or weight training.
- Hydrate throughout your run (four to six ounces every 20 minutes) and experiment with energy gels or bars and sports drinks, so you know what will work for you during the race.
- Interval runs are 5-10 minutes of easy followed by 5-10 minutes race pace ending with easy.

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Beginner 10K Training Schedule

Week	*Monday*	*Tuesday*	*Wednesday*	*Thursday*	*Friday*	*Saturday*	*Sunday*
1	30 Minutes Cross Training	2 Miles	30 Minutes Cross Training	2 Miles	REST	3 Miles	2 Mile Walk, Abs, Stretch
2	30 Minutes Cross Training	2.5 Miles	30 Minutes Cross Training	2.5 Miles	REST	4 Miles	2 Mile Walk, Abs, Stretch
3	30 Minutes Cross Training	3 Miles	30 Minutes Cross Training	3 Miles	REST	5 Miles	2 Mile Walk, Abs, Stretch
4	3 Miles	30 Minutes Cross Training	3 Miles	REST	2 Miles	REST	RACE DAY

Intermediate 10K Training Schedule

Week	*Monday*	*Tuesday*	*Wednesday*	*Thursday*	*Friday*	*Saturday*	*Sunday*
1	40 Minutes Cross Training	25 Min Interval Running	30 minutes Cross Training	25 Min Interval Running	REST	5 Miles	3 Miles
2	40 Minutes Cross Training	30 Min Interval Running	30 minutes Cross Training	30 Min Interval Running	REST	7 Miles	3 Miles
3	40 Minutes Cross Training	25 Min Interval Running	30 minutes Cross Training	25 Min Interval Running	REST	6 Miles	3 Miles
4	30 Minutes Cross Training	REST	20 minutes Interval	REST	3 Miles	REST	RACE DAY

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- Interval runs are 5-10 minutes of easy followed by 5-10 minutes race pace ending with easy.
- For more advanced training, add more miles on the run days.

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Half-Marathon Training Schedule (Advanced Beginner)

Week	*Monday*	*Tuesday*	*Wednesday*	*Thursday*	*Friday*	*Saturday*	*Sunday*
1	REST	3 Miles	40 Minutes Cross Training	25 Min Interval Running	REST	4 Miles	2.5 Miles
2	REST	3 Miles	40 Minutes Cross Training	30 Min Interval Running	REST	5 Miles	2.5 Miles
3	REST	3.5 Miles	40 Minutes Cross Training	30 Min Interval Running	REST	6 Miles	3 Miles
4	REST	3.5 Miles	40 Minutes Cross Training	30 Min Interval Running	REST	7 Miles	3 Miles
5	REST	4 Miles	40 Minutes Cross Training	35 Min Interval Running	REST	8 Miles	3.5 Miles
6	REST	4 Miles	40 Minutes Cross Training	35 Min Interval Running	REST	9 Miles	3.5 Miles
7	REST	4 Miles	40 Minutes Cross Training	40 Min Interval Running	REST	10 Miles	3.5 Miles
8	REST	4.5 Miles	40 Minutes Cross Training	40 Min Interval Running	REST	8 Miles	4 Miles
9	REST	5 Miles	40 Minutes Cross Training	40 Min Interval Running	REST	10 Miles	3 Miles
10	REST	4.5 Miles	40 Minutes Cross Training	30 Min Interval Running	REST	12 Miles	3 Miles
11	REST	4 Miles	40 Minutes Cross Training	30 Min Interval Running	REST	5 Miles	2.5 Miles
12	REST	25 Min Interval Running	30 Minutes Running	REST	20 Minutes Running	REST	RACE DAY

Easy workouts or rest days

Key workout days

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