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## Beginner Plan

If you can run at least two miles without stopping, even at a slow pace, try this program. It adds on miles gradually to enable you to get from the start line to the finish line feeling strong!



Saturday June 1, 2019

DAY	MON	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAR 25-31	rest	 3 miles	rest	 3 miles	rest	 3 miles	 4 miles
APR 1-7	rest	 3 miles	rest	 4 miles	rest	 5 miles	 Goldie's 5k or 3 miles
APR 8-14	rest	 3 miles		 4 miles	rest	 3 miles	 6 miles
APR 15-21	rest	 3 miles		 5 miles	rest	 3 miles	 8 miles
APR 22-28	rest	 4 miles		 5 miles	rest	 4 miles	 9 miles
APR 29-5	rest	 4 miles		 5 miles	rest	 4 miles	 LK Minnetonka 13.1 or Relay
MAY 6-12	rest	 3 miles		 6 miles	rest	 4 miles	 11 miles
MAY 13-19	rest	 3 miles		 5 miles	rest	 3 miles	 12 miles
MAY 20-26	rest	 3 miles		 4 miles	rest	 3 miles	 8 miles
MAY/JUN 27-2	rest	 3 miles	rest	 3 miles	packet pick-up	 Race Day!	<b>Congrats! Next Race RBC Race for the kids</b>

### KEY



**Easy Run.** Run at an easy, conversational pace. If needed, break miles into run & walk segments.



**Cross-train.** Do any form of low-impact aerobic activity (biking, elliptical, swimming, etc.) for 30 to 60 minutes. Plus do some strength training.



**Moderate Run.** Run the number of miles listed on the chart at a faster pace than that of an easy run. Try to run the whole distance.



**Long Run.** Warm up for 5 to 10 min and then run the number of miles listed at a slower, steady pace you can maintain over the distance. This is good practice for your race day!

### Next event in the Minnesota Running Series:

RBC Minnesota Half Marathon & 5K  
Saturday – August 3, 2019  
[www.minnesotahalfmarathon.com](http://www.minnesotahalfmarathon.com)



[www.minnesotarunningseries.com](http://www.minnesotarunningseries.com)

