

“REBEL RUNNERS” 10K TRAINING SCHEDULE^{##}

All runs should start with a warm-up and end with a cool-down.

- **Warm-Up:** Before your run, walk 5 min. to increase blood flow to your muscles, heart, and lungs.
- **Cool-Down:** After your run, walk 5 min. to gradually bring your heart and breathing rates down.

Week of:	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	REST	Run Miles	Walk or run easy*	Run miles	Cross-train*	REST	Training run
January 6							
January 13							
January 20		1.0	10-minute walk	1.5			2.0
January 27		1.0	10-minute walk	1.5			2.0 RBR C.R.**
February 3		1.0	15-minute walk	1.5			2.0
February 10		1.5	15-minute walk	2.0			2.5
February 17		2.0	1 mile run easy	1.5			3.0
February 24		2.0	1 mile run easy	2.0			3.0 RBR C.R.**
March 3		2.5	1 mile run easy	2.5			3.5
March 10		2.5	1.5 mi. run easy	2.5			3.5
March 17		3.0	30-minute walk	3.0			4.0
March 24		3.0	30-minute walk	3.0			4.0
March 31		3.5	2 mile run easy	3.5			5.0 RBR C.R.**
April 7		3.5	2 mile run easy	3.5			5.5
April 14		4.0	30-minute walk	3.0			5.5
April 21		4.0	3 mile run easy	3.0			6.0
April 28		4.0	30-minute walk	4.0			5.0 RBR C.R.**
May 5		2.0	30-minute walk	2.0			RBR 10K!

* **Cross-training** means non-running or walking activities, such as bicycling, swimming, yoga, strength-training, elliptical, or playing tag with your kids or grandkids!

Run easy means run with a very low-intensity effort; you should be able to carry on a conversation.

** **RBR C.R.:** Amway River Bank Run Community Run. PLEASE NOTE we will be joining the Amway River Bank Run Community Runs the first Saturday of every month, 8 a.m., at the David D. Hunting YMCA, 475 Lake Michigan Dr. NW, Grand Rapids, MI. [Non-members park in Dash Lot 7] Refreshments and networking follow the run.

TIPS:

- Don't worry about how fast you run or walk. Just complete the time or distance.
- Rest days are important to allow your muscles time to recover.
- If necessary, make minor modifications to fit your home and work schedule.

##For 5-11-19 Amway River Bank Run 10K (6.2 miles)