Pine Mountain 500 beginner training plan

Begin immediate for August 4, 2019 race

		Workout 1	Workout 2	Workout 3 (Saturday Morning)	Cross Training & Strength	Stretch or Foam Rolling
WEEK	1	Walk briskly for 5 minutes. Then alternate between 30 seconds of slow running 2 minutes of walking for a total time of 20 minutes. TOTAL TIME: 25 Min	Walk briskly for 5 minutes. Then alternate between 30 seconds of slow running 2 minutes of walking for a total time of 20 minutes. TOTAL TIME: 25 Min	Walk briskly for 5 minutes. Then alternate between 30 seconds of slow running 2 minutes of walking for a total time of 20 minutes. TOTAL TIME: 25 Min	Simple strength training (squats, lunges, pushups, planks) AND climb stairs 1 time TOTAL TIME: 20 Mins	Gentle stretches after your run or foam rolling TOTAL TIME: 10 Mins
WEEK	2	Walk briskly for 5 minutes. Then alternate between 1 minute of slow running and 2 minutes of walking for a total time of 20 minutes. TOTAL TIME: 25 Min	Walk briskly for 5 minutes. Then alternate between 1 minute of slow running and 2 minutes of walking for a total time of 20 minutes. TOTAL TIME: 25 Min	Walk briskly for 5 minutes. Then alternate between 1 minute of slow running and 2 minutes of walking for a total time of 20 minutes. TOTAL TIME: 25 Min	Simple strength training (squats, lunges, pushups, planks) AND climb stairs 1 time TOTAL TIME: 20 Mins	Gentle stretches after your run or foam rolling TOTAL TIME: 10 Mins
WEEK	3	Walk briskly for 5 minutes. Then alternate between 1 minute of slow running and 2 minutes of walking for a total time of 25 minutes. TOTAL TIME: 30 Min	Walk briskly for 5 minutes. Then alternate between 1 minute of slow running and 2 minutes of walking for a total time of 25 minutes. TOTAL TIME: 30 Min	Walk briskly for 5 minutes. Then alternate between 1 minute of slow running and 2 minutes of walking for a total time of 25 minutes. TOTAL TIME: 30 Min	Simple strength training (squats, lunges, pushups, planks) AND climb stairs 1 times TOTAL TIME: 20 Mins	Gentle stretches after your run or foam rolling TOTAL TIME: 10 Mins
WEEK	4	Walk briskly for 5 minutes. Then alternate between 90 seconds of slow running and 2 minutes of walking for a total time of 25 minutes. TOTAL TIME: 30 Min	Walk briskly for 5 minutes. Then alternate between 90 seconds of slow running and 2 minutes of walking for a total time of 25 minutes. TOTAL TIME: 30 Min	Walk briskly for 5 minutes. Then alternate between 90 seconds of slow running and 2 minutes of walking for a total time of 25 minutes. TOTAL TIME: 30 Min	Simple strength training (squats, lunges, pushups, planks) AND climb stairs 1-2 times TOTAL TIME: 20 Mins	Gentle stretches after your run or foam rolling TOTAL TIME: 10 Mins
WEEK	5	Walk briskly for 5 minutes. Then alternate between 90 seconds of slow running and 1 minutes of walking for a total time of 25 minutes. TOTAL TIME: 30 Min	Walk briskly for 5 minutes. Then alternate between 90 seconds of slow running and 1 minutes of walking for a total time of 25 minutes. TOTAL TIME: 30 Min	Walk briskly for 5 minutes. Then alternate between 90 seconds of slow running and 1 minutes of walking for a total time of 25 minutes. TOTAL TIME: 30 Min	Simple strength training (squats, lunges, pushups, planks) AND climb stairs 1-2 times TOTAL TIME: 20 Mins	Gentle stretches after your run or foam rolling TOTAL TIME: 10 Mins
WEEK	6	Walk briskly for 5 minutes. Then alternate between 90 seconds of slow running and 1 minutes of walking for a total time of 25 minutes. TOTAL TIME: 30 Min	Walk briskly for 5 minutes. Then alternate between 90 seconds of slow running and 1 minutes of walking for a total time of 25 minutes. TOTAL TIME: 30 Min	Walk briskly for 5 minutes. Then alternate between 90 seconds of slow running and 1 minutes of walking for a total time of 25 minutes. TOTAL TIME: 30 Min	Simple strength training (squats, lunges, pushups, planks) AND climb stairs 1-2 times TOTAL TIME: 20 Mins	Gentle stretches after your run or foam rolling TOTAL TIME: 10 Mins
WEEK	7	Walk briskly for 5 minutes. Then alternate between 2 minutes of slow running and 30 seconds of walking for a total time of 25 minutes. TOTAL TIME: 30 Min	Walk briskly for 5 minutes. Then alternate between 2 minutes of slow running and 30 seconds of walking for a total time of 25 minutes. TOTAL TIME: 30 Min	Walk briskly for 5 minutes. Then alternate between 2 minutes of slow running and 30 seconds of walking for a total time of 25 minutes. TOTAL TIME: 30 Min	Simple strength training (squats, lunges, pushups, planks) AND climb stairs 1-2 times TOTAL TIME: 20 Mins	Gentle stretches after your run or foam rolling TOTAL TIME: 10 Mins
WEEK	8	Walk briskly for 5 minutes. Then alternate between 2 minutes of slow running and 30 seconds of walking for a total time of 25 minutes. TOTAL TIME: 30 Min	Walk briskly for 5 minutes. Then alternate between 2 minutes of slow running and 30 seconds of walking for a total time of 25 minutes. TOTAL TIME: 30 Min	Walk briskly for 5 minutes. Then alternate between 2 minutes of slow running and 30 seconds of walking for a total time of 25 minutes. TOTAL TIME: 30 Min	Simple strength training (squats, lunges, pushups, planks) AND climb stairs 1-2 times TOTAL TIME: 20 Mins	Gentle stretches after your run or foam rolling TOTAL TIME: 10 Mins
WEEK	9	Walk briskly for 5 minutes. Then alternate between 5 minutes of slow running and 2 minutes of walking for a total time of 25 minutes. TOTAL TIME: 30 Min	Walk briskly for 5 minutes. Then alternate between 5 minutes of slow running and 2 minutes of walking for a total time of 25 minutes. TOTAL TIME: 30 Min	Walk briskly for 5 minutes. Then alternate between 5 minutes of slow running and 2 minutes of walking for a total time of 25 minutes. TOTAL TIME: 30 Min	Simple strength training (squats, lunges, pushups, planks) AND climb stairs 1-3 times TOTAL TIME: 20 Mins	Gentle stretches after your run or foam rolling TOTAL TIME: 10 Mins
WEEK	10	Walk briskly for 5 minutes. Run slowly for 20 minutes. TOTAL TIME: 25 Min	Walk briskly for 5 minutes. Run slowly for 20 minutes. TOTAL TIME: 25 Min	Walk briskly for 5 minutes. Run slowly for 20 minutes. TOTAL TIME: 25 Min	Simple strength training (squats, lunges, pushups, planks) AND climb stairs 1-3 times TOTAL TIME: 20 Mins	Gentle stretches after your run or foam rolling TOTAL TIME: 10 Mins
WEEK	11	Walk briskly for 5 minutes. Run slowly for 22 minutes. TOTAL TIME: 25 Min	Walk briskly for 5 minutes. Run slowly for 22 minutes. TOTAL TIME: 25 Min	Walk briskly for 5 minutes. Run slowly for 22 minutes. TOTAL TIME: 25 Min	Simple strength training (squats, lunges, pushups, planks) AND climb stairs 1-3 times TOTAL TIME: 20 Mins	Gentle stretches after your run or foam rolling TOTAL TIME: 10 Mins
WEEK	12	Walk briskly for 5 minutes. Run slowly for 25 minutes. TOTAL TIME: 25 Min	Walk briskly for 5 minutes. Run slowly for 25 minutes. TOTAL TIME: 25 Min	Walk briskly for 5 minutes. Run slowly for 25 minutes. TOTAL TIME: 25 Min	Simple strength training (squats, lunges, pushups, planks) AND climb stairs 1 time TOTAL TIME: 20 Mins	Gentle stretches after your run or foam rolling TOTAL TIME: 10 Mins

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