Coach Jenny Hadfield®

GOOFY'S RACE AND A HALF

FIRST TIMERS

TRAINING PLAN

The "Beginning Run" Goofy Program is best suited for those who have been running 3-4 times per week for 4-6 miles for at least 6 months.

DAY	MON	TUES	WED	THURS	FRI	SAT	SUN
ACTIVITY	Rest Day	Run	Cross-Train	Run	Cross-Train	Long Run	Long Run
EFFORT LEVEL	Rest Day	Yellow Zone	Orange Zone	Yellow Zone	Orange Zone	Yellow Zone	Yellow Zone
WEEK 1	Rest	40 minutes	40-45 minutes	40 minutes	40 minutes	4 miles	6 miles
WEEK 2	Rest	40 minutes	40-45 minutes	40 minutes	40-45 minutes	4 miles	7 miles
WEEK 3	Rest	40 minutes	40-45 minutes	40 minutes	40-45 minutes	5 miles	8 miles
WEEK 4	Rest	45 minutes	40-45 minutes	45 minutes	40-45 minutes	6 miles	Rest
WEEK 5	Rest	45 minutes	40-45 minutes	45 minutes	40-45 minutes	5 miles	9 miles
WEEK 6	Rest	45 minutes	40-45 minutes	45 minutes	40-45 minutes	5 miles	10 miles
WEEK 7	Rest	45 minutes	40-45 minutes	45 minutes	Rest	6 miles	Rest
WEEK 8	Rest	45 minutes	40-45 minutes	45 minutes	40-45 minutes	6 miles	11 miles
WEEK 9	Rest	45 minutes	40-45 minutes	45 minutes	40-45 minutes	6 miles	12 miles
WEEK 10	Rest	40 minutes	40-45 minutes	40 minutes	40-45 minutes	6 miles	Rest
WEEK 11	Rest	50 minutes	40-45 minutes	50 minutes	40-45 minutes	7 miles	14 miles
WEEK 12	Rest	50 minutes	40-45 minutes	50 minutes	Rest	6 miles	Rest
WEEK 13	Rest	50 minutes	40-45 minutes	50 minutes	40-45 minutes	8 miles	16 miles

WEEK 14	Rest	45 minutes	40-45 minutes	45 minutes	40-45 minutes	4 miles	6 miles
WEEK 15	Rest	50 minutes	40-45 minutes	50 minutes	40-45 minutes	9 miles	18 miles
WEEK 16	Rest	45 minutes	40-45 minutes	45 minutes	Rest	4 miles	6 miles
WEEK 17	Rest	50 minutes	40-45 minutes	50 minutes	40-45 minutes	10 miles	20 miles
WEEK 18	Rest	45 minutes	40-45 minutes	45 minutes	40-45 minutes	5 miles	10 miles
WEEK 19	Rest	45 minutes	40-45 minutes	45 minutes	40-45 minutes	4 miles	7 miles
WEEK 20	40 minutes	30 minutes	Rest	30 minutes	Rest	**Half Marathon**	**Full Marathon**

Recovery Week 1	Rest	Cross-Train 20 min	Rest	Cross-Train 30 min	Rest	Cross-Train 30 min	4 miles
Recovery Week 2	40 minutes	Cross-Train 30 min	Rest	40 minutes	Cross-Train 30 min	5 miles	Rest
Recovery Week 3	45 minutes	Cross-Train 40 min	Rest	45 minutes	Cross-Train 40 min	6 miles	Rest
Recovery Week 4	50 minutes	Cross-Train 40 min	Rest	50 minutes	Cross-Train 40 min	7 miles	Rest

SCHEDULE KEY

Warm-up: Walking 3-5 minutes at an easy pace prior to every run workout to gradually increase circulation to working muscles, heart and breathing rates.
Cool-down: Walking 3-5 minutes at an easy pace after to every run workout to gradually bring heart rate and breathing back to normal levels.
Flexibility: Include foam rolling and flexibility exercises after your training workout to maintain or improve flexibility, and prevent injuries.
Cross-Training: Include activities that are non running or walking. Cycling, pilates/yoga, strength training, elliptical trainer, spinning are great cross training modes. Cross-training allows you to rest your running muscles while training opposing muscle groups and reducing the risk of overtraining and injury. It helps speed recovery and reduces burnout.

The Zones: The three training zones, yellow, orange and red, are a way to specify the intended intensity of the workout. This training plan includes yellow, orange and red zone workouts to build endurance, stamina, and speed.

Yellow Zone: This is an easiest effort level. In this zone, you can talk easily in full sentences without pausing to catch your breath.
Orange Zone: This is a moderately challenging effort level. In this zone, you are not running all out, but you are outside of your comfort zone. You can talk, but it is in choppy statements, while reaching for air every few words.
Red Zone: This is the most challenging effort level. You know you're in the red zone, because you can't talk at all, you're breathing rapidly.

Rest Days: These are your off days from training and activity. They aid in passive recovery from the demands of the progressive training plan and are just as important as the workouts.