CoachJenny.com

ZERO TO RUNNING

TRAINING PLAN

DAY	MON	TUE	WED	THU	FRI	SAT	SUN
MODE	Zero 2 Run Workout	Cross-Train or Off	Zero 2 Run Workout	Rest	Cross-Train or Off	Zero 2 Run Workout	Rest Day
EFFORT ZONE	Yellow to Orange Zone	Orange Zone	Yellow to Orange Zone		Orange Zone	Yellow to Orange Zone	
WEEK 1	21 minutes +WU &CDWN Run 30 seconds/Walk 3 min Repeat 6 times Yellow Zone	30-40 minutes	21 minutes +WU &CDWN Run 30 seconds/Walk 3 min Repeat 6 times Yellow Zone	Rest	30-40 minutes	21 minutes +WU &CDWN Run 30 seconds/Walk 3 min Repeat 6 times Yellow Zone	Rest
WEEK 2	20 minutes +WU &CDWN Run 1 minute/Walk 3 min Repeat 5 times Yellow Zone	30-40 minutes	20 minutes +WU &CDWN Run 1 minute/Walk 3 min Repeat 5 times Yellow Zone	Rest	30-40 minutes	20 minutes +WU &CDWN Run 1 minute/Walk 3 min Repeat 5 times Yellow Zone	Rest
WEEK 3	22.5 minutes +WU &CDWN Run 90 seconds/Walk 3 min Repeat 5 times Yellow Zone	30-40 minutes	22.5 minutes +WU &CDWN Run 90 seconds/Walk 3 min Repeat 5 times Yellow Zone	Rest	30-40 minutes	22.5 minutes +WU &CDWN Run 90 seconds/Walk 3 min Repeat 5 times Yellow Zone	Rest
WEEK 4	20 minutes +WU &CDWN Run 2 minutes/Walk 2 min Repeat 5 times Yellow Zone	30-40 minutes	20 minutes +WU &CDWN Run 2 minutes/Walk 2 min Repeat 5 times Yellow Zone	Rest	30-40 minutes	20 minutes +WU &CDWN Run 2 minutes/Walk 2 min Repeat 5 times Yellow Zone	Rest
WEEK 5	20 minutes +WU &CDWN Run 3 minutes/Walk 2 min Repeat 4 times Yellow Zone	30-40 minutes	20 minutes +WU &CDWN Run 3 minutes/Walk 2 min Repeat 4 times Yellow Zone	Rest	30-40 minutes	20 minutes +WU &CDWN Run 3 minutes/Walk 2 min Repeat 4 times Yellow Zone	Rest
WEEK 6	24 minutes +WU &CDWN Run 4 minutes/Walk 2 min Repeat 4 times Yellow Zone	30-40 minutes	24 minutes +WU &CDWN Run 4 minutes/Walk 2 min Repeat 4 times Yellow Zone	Rest	30-40 minutes	24 minutes +WU &CDWN Run 4 minutes/Walk 2 min Repeat 4 times Yellow Zone	Rest
WEEK 7	24 minutes +WU &CDWN Run 6 minutes/Walk 2 min Repeat 3 times Yellow Zone	30-40 minutes	24 minutes +WU &CDWN Run 6 minutes/Walk 2 min Repeat 3 times Yellow Zone	Rest	30-40 minutes	24 minutes +WU &CDWN Run 6 minutes/Walk 2 min Repeat 3 times Yellow Zone	Rest
WEEK 8	30 minutes +WU &CDWN Run 8 minutes/Walk 2 min Repeat 3 times Yellow Zone	30-40 minutes	30 minutes +WU &CDWN Run 8 minutes/Walk 2 min Repeat 3 times Yellow Zone	Rest	30-40 minutes	30 minutes +WU &CDWN Run 8 minutes/Walk 2 min Repeat 3 times Yellow Zone	Rest
WEEK 9	30 minutes +WU &CDWN Run 9 minutes/Walk 1 min Repeat 3 times Yellow Zone	30-40 minutes	30 minutes +WU &CDWN Run 9 minutes/Walk 1 min Repeat 3 times Yellow Zone	Rest	30-40 minutes	30 minutes +WU &CDWN Run 9 minutes/Walk 1 min Repeat 3 times Yellow Zone	Rest
WEEK 10	31.5 minutes +WU &CDWN Run 10 minutes/Walk 30 sec Repeat 3 times Yellow Zone	30-40 minutes	31.5 minutes +WU &CDWN Run 10 minutes/Walk 30 sec Repeat 3 times Yellow Zone	Rest	30 minutes	Rest	Run 30 minutes or a 5K race!

SCHEDULE KEY

Warm-up: walking 5 minutes at an easy pace prior to every walk-run workout to gradually increase circulation to working muscles, heart and breathing rates.

Cool-down: walking 5 minutes at an easy pace after to every walk-run workout to gradually bring heart rate and breathing back to normal levels.

Zero 2 Run Workout: Warm-up walking 5 minutes at a brisk pace. Run at a pace that you can still talk or a "conversational pace" (Yellow Zone) for the prescribed time and follow with walking at a brisk pace for prescribed time. Example: Run30 seconds then power walk for 3 minutes - repeat sequence 6 times for a total of 21 minutes. Cool-down walking 5 minutes at an easy pace.

Zero 2 Run Effort Levels: The key to running success is to finish feeling strong rather than wasted and fatigued (or crying like my first failed attempts at running). This should not be painful, but rather joyful. The goal is to train at a specific effort level that ties into how you're feeling (your breath, heart rate and overall effort). There are three core levels of running effort: The Yellow Zone, the Orange Zone and the Red Zone. The Yellow Zone is also known as the easy effort, or an exercising pace where you can easily talk out loud (test it by saying the Pledge of Allegiance or another paragraph out loud in your next workout. If you struggle to get the words out and they aren't fluid, you're not in the Yellow Zone!). The Orange Zone is one step up from Yellow, where you can start to hear your breathing, and pay more attention, but you're not reaching or gasping for air. The Red Zone is exactly how it sounds - hard, and at an effort where you can't talk out loud and you can only hold this for seconds. We won't reach the Red Zone in the Zero 2 Run Program - that is for the next level, when you want to improve on your running success - all good things come in time:)

Zero 2 Run Progression Rate: Everyone evolves into running at their own unique rate. Some of us progress quickly, while others (myself included) need more time than planned (10 weeks). This program progresses every week and repeats one workout three times each week. If you find the progression too challenging - no worries, that is just your body telling you that more time is needed to go to that level. Simply repeat each workout for 2-3 weeks and follow what your body needs to progress to the next level. If you miss a few workouts, stay at the same level of workout and make sure to perform at least three of the same workout within in a week. If you miss more than a few days, go back one or two levels (weeks) and build back up. The key is to finish every workout feeling strong rather than fatigued and the secret to doing this is staying in tune with your body and what it is telling you. BTW, it took me four months to build up to running 30 minutes - my friend did it in 3.

Cross-Training: Include activities that are non-running or walking. If you are new to an active lifestyle and have been inactive, rest on the Cross-Train days for the first 4 weeks and then add the cross-train workouts into the schedule for week 5. If you are active 3-4 days already, follow the schedule as it appears. Cycling, swimming, pilates/yoga, strength training, elliptical trainer, stairmaster, spinning are great cross training modes for run training. 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. Cross-training activites should be done at a moderate pace at an i-Rate Scale of 7-8 out of 10.

Strength-Training (ST): Strength train with machines, weights, resitance tubes/bands or classes like pilates, toning or yoga. Include strength training exercises for your upper body, core (abdominal and trunk) and lower body twice per week on your cross-training days either after the cardio activity or as a stand along workout. This will increase the lean muscle tissue, boost metabolism at rest and prevent the dreaded muscle loss with age. The more muscle we lose, the lower our metabolism sinks. If you are new to strength training, begin with 1 set per exercise for 12-15 repetitions. The goal is to fatigue the muscle as you reach the repetition range or until you can no longer perform the exercise with good, controled form. Stick with this program for at least 4 weeks and then progress to 2-3 sets per exercise for 8-12 repetions. Another option for your strength workout is to take a class at your gym, work with a personal trainer, perform a machine circuit. There are many ways to include resistance training in your life, find the one you enjoy the most.

Flexibility: Perform flexibility exercises (foam rolling, stretching) after every workout when the muscles are warm to maintain or improve flexibility and prevent injuries.