

ZIMMERMAN KISER SUTCLIFFE



Beginner 2 Mile Training Program  
by Susan S. Paul, Track Shack Fitness Club Program Director

Here's an easy-to-follow 6-week training guide designed to help you feel good while participating in the Zimmerman Kiser and Sutcliffe Winter Park Road Race 2 mile on Saturday, March 23 using a three day a week walk, walk/run or run method.

Weekly training is designed for - Tuesday, Thursday, and Saturday or Sunday.

If walking, walk briskly or "with purpose". If using a Walk/Run Interval, begin with one minute intervals. For example, run one minute, walk one minute. Alternate walking and running. Gradually increase the run interval as the running becomes easier (i.e. run 2 minutes) but, keep the one minute walk interval. Build the run interval to 5 minutes. If running, set a comfortable pace. You should be able to carry on a conversation while running. Take walk breaks as needed.

Consult a physician before beginning any exercise program.

For more information please visit [Trackshack.com](http://Trackshack.com) for group training, race details, training articles.

**Day of Week**

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
MON						
TUE	1 mile	1.5 miles	2 miles	2 miles	2 miles	2 miles
WED						
THU	1 mile	1.5 miles	2 miles	2 miles	2 miles	1 mile
FRI						
SAT	1 mile	1.5 miles	2 miles	2 miles	2 miles	3/23 ZKS Winter Park Road Race!
SUN						