

ADDITIONAL TRAINING

For those who want more....

Additional Running Days

Add 1 to 3 additional runs per week – here are some options:

- Add 1 run day for a 4 day a week run schedule
 - Add a Recovery Run the day after your longest run of the week
 - Example: Sunday Recovery Run 5-7 miles at a very easy pace, approximately 2 minutes per mile slower than goal race pace
- Add 2 more run days for a 5 day a week run schedule
 - Add a Goal Pace Run the day before your longest run of the week – AND add a Recovery Run the day after your longest run
 - Example: Friday Goal Pace Run 8-10 miles @ GRP, long run on Saturday, Recovery Run on Sunday
- Add 3 more run days for a 6 day a week run schedule
 - Add a Pace+ Run, a Pace Run, and a Recovery Run (Run the Pace+ Run the day after your Recovery Run)
 - Example: Monday Pace+ Run 6-8 miles (15 to 20 seconds slower than your goal race pace), Friday is a Goal Pace Run Day, Saturday is a Long Run Day, Sunday is a Recovery Run Day

Optional Aerobic Cross-training

You can incorporate additional aerobic cross training Swim, row, or cycle/spin 2 times a week at an easy to moderate intensity level, for 45 to 60 minutes.

Strength and Flexibility training

Strength and flexibility are important for runners and you can incorporate this into your schedule 1-3 times per week. Examples include: weight training, Pilates, Yoga, Barre, core exercises, or a Stretch/Tone class.

Looking for other cross training ideas? Check out this article:

<https://www.runnersworld.com/training/a20827090/16-cross-training-activities-to-try/>

SCHEDULE A REST DAY!! Rest is a critical part of your training for recovery and mental focus. Rest days help your body adapt to the stress from training, help you to grow stronger, and will improve your mental focus. Read more here:

<https://www.runnersworld.com/health-injuries/a20864022/why-rest-days-are-important/>