



Advent Health

WINTER PARK ROAD RACE 10k & 2mile

6 WEEK 2 MILE TRAINING GUIDE

This plan is designed to help you feel good while participating in the Winter Park Road Race 2 Mile using a three day a week method.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	Get Motivated!	.5 Mile	Cross-train	.5 Mile	Cross-train	.5 Mile	Rest
WEEK 2	Cross-train	.75 Mile	Cross-train	.75 Mile	Cross-train	.75 Mile	Rest
WEEK 3	Cross-train	1 Mile	Cross-train	1 Mile	Cross-train	1 Mile	Rest
WEEK 4	Cross-train	1.5 Miles	Cross-train	1.5 Miles	Cross-train	1.5 Miles	Rest
WEEK 5	Cross-train	2 Miles	Cross-train	2 Miles	Cross-train	2 Miles	Rest
WEEK 6	Cross-train	1.5 Miles	Cross-train	1 Mile	Rest	RACE DAY!	Rest

POINTERS AND TIPS

- 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. Gradually increase the run interval as the running becomes easier to run 2 minutes but keep the one minute walk interval. Build the run interval to five minutes.
- If running, set a comfortable pace. You should be able to carry on a conversation while running.
- Take walk breaks as needed.
- Cross-train one to three days a week, recommended, i.e. swimming, spinning, weight lifting, or yoga.



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Consult a physician before beginning any exercise program.