



Training Plan Guidelines

- Even if you haven't run a single step since March 14th, you can ramp back up over a few weeks time.
- Injury status, current weekly mileage amount, time available to train & motivation level are all factors in designing your individual plan.
- You can also mix two plans together if that is best for your training.
- If you already have a training plan that you are following that fits your needs and works for you, it is fine to continue with that.
- Please email me anytime if you want to adjust your plan or you need assistance selecting the best plan. (jfurey611@gmail.com)
- Training plans can always be adjusted throughout the season if you find it is not the right fit or you become injured.
- It is smart training to start conservatively, monitor how your body adjusts, and gradually increase the training volume.
- Staying injury-free is critical! Mileage increases should be very gradual. (10-15% increase per week is a safe number) It can be a little higher when your mileage is really low and a little lower when your mileage is very high.
- Aggressive increases in mileage, pace, or frequency should be avoided.
- Cardiovascular and muscular systems adapt to running much quicker than tendons, joints, and smaller muscles do. This is because of the impact nature of running, we need to progress very gradually.
- Non-impact cardio is an excellent way to boost cardiovascular fitness while building the run base, minimal joint load yet tremendous cardio and muscular benefit.

Any method of non-impact cardio (aka cross-training) will provide excellent cardio and muscular benefit. In no particular order of benefit:

Elliptical
Stepmill
Swimming
Bike: spin, air bike, Peloton, road bike
Nordic skiing or Nordic ski machine
Rollerblades
Rope climbing
Boxing

Stepper
Zero Runner
Deepwater or waist deep-running
Paddle boarding
Kayaking
Versa climber
Battle ropes
High-intensity strength classes