Light Snack 4 Mile Running Program

Weeks 1-2				NAME:		

EASY RUNS: Effort should be a 3/4 out of 10. Keeping a Conversational Pace			Welcome To the Light Snack Running Program This program will help you gain running endurance as well as mental fortitude.			Max Heart Rate should be 180 minus your age for easy runs. In 4 weeks, you will achieve your goals of running 4 miles.

Week 1:			WEEK 2:			WEEK 3:		
MONDAY	5 Min Run x2	5 Min Walk x2	**MONDAY**	10 Min Run	3/10 Effort	**MONDAY**	18 Min Run	4/10 Effort
REST			**TUESDAY**	8 Min (3/10)	1 Min (8/10) x2	**TUESDAY**	2.50 Mile Run	2-3/10 Effort
WEDNESDAY	6 Min (3/10)x2	2 Min (7/10)x2	**REST**			**REST**		
THURSDAY	7 Min Run	4-5/10 effort	**THURSDAY**	1.25 Mile Run	4/10 Effort	**THURSDAY**	10 Min (5/10)	3 Min (7/10) x2
REST			**REST**			**REST**		
SATURDAY	15 Min Run	Race Day Effort	**SATURDAY**	2 Mile Run	Race Day Effort	**REST**		
REST			**REST**			**SUNDAY**	3.11 Mile Run	Race Day Effort

Weeks 1-2	Notes

Some workouts have a "x2" that means to repeat both sets in order EX: 10 min run, 5 min walk x2 = 10 min run, 5 min walk, 10 min run 5 min walk		

WEEK 4:		
REST		
TUESDAY	15 Min Run	5-6/10 Effort
REST		
THURSDAY	10 Min (3/10)	10 Min (5/10)
FRIDAY	2 Mile Run	4/10 Effort
REST		
RACE DAY !!!	4 MILES	Race Day Pace