



# mermaidseries

*find your happy pace!*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Week #1	REST	DISTANCE .5 miles Run 2 mins Walk 1 min	STRENGTH Core work: planks, bridges, etc.	DISTANCE .5 miles Run 2 mins Walk 1 min	REST	DISTANCE .5 miles Run 2 mins Walk 1 min	RECOVERY 30 minute walk
Week #2	REST	DISTANCE .5 miles Run 3 mins Walk 30 secs	STRENGTH Core work: planks, bridges, etc.	DISTANCE .5 miles Run 3 mins Walk 30 secs	REST	DISTANCE 1 mile Run 3 mins Walk 1 min	RECOVERY 30 minute walk
Week #3	REST	DISTANCE .5 miles Run 3 mins Walk 30 secs	STRENGTH Core work: planks, bridges, etc.	DISTANCE .5 miles + 3 striders Run 3 mins Walk 30 secs	REST	DISTANCE 1.5 miles Run 4 mins Walk 1 min	RECOVERY 35 minute walk
Week #4	REST	DISTANCE .5 miles Run 4 mins Walk 30 secs	STRENGTH Core work: planks, bridges, etc.	DISTANCE 1 mile + 3 striders Run 3 mins Walk 30 secs	REST	DISTANCE 2 miles Run 5 mins Walk 1 min	RECOVERY 40 minute walk
Week #5	REST	DISTANCE 1 mile Run 5 mins Walk 1 min	STRENGTH Core work: planks, bridges, etc.	DISTANCE 1.5 miles + 3 striders Run 3 mins Walk 30 secs	REST	DISTANCE 2.5 miles Run 7 mins Walk 1 min	RECOVERY 40 minute walk
Week #6	REST	DISTANCE 1.5 miles Run as much as you can	STRENGTH Core work: planks, bridges, etc.	DISTANCE 1.5 miles + 3 striders Run 3 mins Walk 30 secs	REST	DISTANCE 3 miles Run as much as you can	RECOVERY 40 minute walk
Week #7	REST	DISTANCE 2 miles Run as much as you can	STRENGTH Core work: planks, bridges, etc.	DISTANCE 1 mile + 3 striders Run 3 mins Walk 30 secs	REST	DISTANCE 3.5 miles Run as much as you can	RECOVERY 40 minute walk
Week #8	REST	DISTANCE 1.5 miles Run as much as you can	STRENGTH Core work: planks, bridges, etc.	DISTANCE Easy Pace Walk 30 minutes	REST	<b>RACE DAY!!</b> <b>3.1 miles</b> Smile & Enjoy	RECOVERY REST, REST REST!!!

\* Striders—short bursts of quick running that are typically completed in the middle or at the end of a run. Try to do these bursts after you have warmed up, preferably at the end of your run.