ST PETE PIER RUN TRAINING PLAN

Are you ready to kick off 4th of July by running 4 miles on the 4th? Let's get this party started early and kick off your training starting May 29!

TRAINING SCHEDULE

Here's a brief breakdown of the training plan to help you prepare for 4 miles on July 4th:

- **Monday:** Easy Run - Start your week with a light run to ease into the training followed by a short break.
- **Tuesday:** Strength Training - A total body workout with our without weights.
- **Wednesday:** Interval Training - Push your limits with short bursts of high-intensity running followed by rest.
- **Thursday:** Cross Training - Engage in a different form of exercise to keep your body moving such as swimming, cycling, pilates or any form of cardio that elevates your heart rate.
- **Friday:** Tempo Run - Maintain a comfortably hard pace to build endurance followed by a short break.
- **Saturday:** Long Run - Increase your distance to build endurance based on miles.
- **Sunday:** Rest Day - Allow your body to recover.
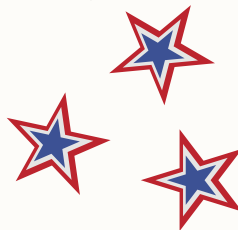
DON'T FORGET

- **Hydration:** Always stay hydrated, especially when running in warmer weather. Don't hesitate to run with a water bottle or hydration vest! Electrolytes are helpful in aiding with hydration and recovery.
- **Nutrition:** Pay attention to your diet and speak to your doctor with any concerns. As with any sport, nutrition is crucial for your running performance.
- **Warm-Up and Cool-Down:** Incorporate a proper warm-up before each run and a cool-down afterward to prevent injuries and aid recovery.
- **Listen to Your Body:** If you feel pain or unusual fatigue, consider taking an extra rest day or adjusting your running intensity. Consult with your doctor for any concerns.

We'll see you at the finish line!

ST PETE PIER RUN TRAINING PLAN

Orlando HEALTH | Bayfront Hospital

St. Pete Pier Run 4TH OF JULY 2025 — ST. PETE PIER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		DAY 1 →		May 29 Walk 5 min Easy Run 10 min Walk 5 min Easy Run 10 min	May 30 Tempo Run 3 min Walk 2 min (5 times)	May 31 **2 miles** or 30 minutes
June 1 **REST**	June 2 Walk 5 min Easy Run 15 min Walk 5 min Easy Run 15 min	June 3 **STRENGTH TRAIN** 30-45 min	June 4 Easy Run 1 mile Sprint 200m Walk 100m (2 times)	June 5 **CROSS TRAIN** 30-60 min	June 6 Tempo Run 4 min Walk 2 min (6 times)	June 7 **3 miles** or 40 minutes
June 8 **REST**	June 9 Walk 5 min Easy Run 20 min Walk 5 min Easy Run 20 min	June 10 **STRENGTH TRAIN** 30-45 min	June 11 Easy Run 1 mile Sprint 200m Walk 100m (2 times) Walk 1 mile	June 12 **CROSS TRAIN** 30-60 min	June 13 Tempo Run 4 min Walk 1 min (6 times)	June 14 **3.5 miles**
June 15 **REST**	June 16 Walk 5 min Easy Run 20 min Walk 5 min Easy Run 20 min	June 17 **STRENGTH TRAIN** 30-45 min	June 18 Easy Run 30 min Walk 2 min Sprint 200m Walk 2 min	June 19 **CROSS TRAIN** 30-60 min	June 20 Tempo Run 5 min Walk 1 min (7 times)	June 21 **4 miles**
June 22 **REST**	June 23 45 min Easy Run	June 24 **STRENGTH TRAIN** 30-45 min	June 25 Walk 2 min Easy Run 25 min Walk 2 min Sprint 200m Easy Run 15 min Walk 2 min	June 26 **CROSS TRAIN** 30-60 min	June 27 Tempo Run 5 min Walk 1 min (8 times)	June 28 **3.1 miles**
June 29 **REST**	June 30 35 min Easy Run	July 1 **CROSS TRAIN** 30-60 min	July 2 3 mile Easy Run (Enjoy this last run)	July 3 Go for a walk outside during Packet Pickup and stay hydrated!	July 4 **YOU GOT THIS!**	You did it! Don't forget to stretch!

notes

Easy Run: You should be able to breathe easy and carry on a conversation. This is your most comfortable pace. Keep your upper body relaxed, spine neutral, arms bent and make a loose fist with your hands with your thumbs on top.

Tempo Run: Tempo's are supposed to be comfortably hard. This pace is faster than your Easy Run and will leave you breathing harder and you'll be more tired. But it's all to benefit your body during race day. A good tempo pace for someone who runs an 11 min mile would be around 9:45 to 10 min per mile.

Sprint: Time to go fast! This is an all out pace. You will be breathing heavy and you will be tired but it's for a short amount of time. You're running as fast and safely as you can.

Strength Train: Any type of body movement with or without weights, whether you're at the gym or home.

Cross Train: Any type of cardio that elevates your heart rate, like swimming, hiit or cycling.