



# Training

Join us for the Pier Run Training Program! Students, teachers and parents can utilize this eight week training program to prepare to run the 4 mile race on Tuesday, July 4! This program is for anyone, regardless of your age or level. Be sure to check with your physician to make sure you're healthy enough to participate!

**GET UP, GET ACTIVE, & HAVE FUN!**

## Training Tips

Before you begin your training, here are some important tips. Running is a great sport that can be a lot of fun if done correctly, so use this checklist to get the most out of your program.

Always run in a safe, well-lit area where your parents, teacher, or coach can see you at all times

Wear clothes and shoes that are comfortable, fit well and allow you to move freely.

Always do a warm-up and stretch before and after you run.

Exercise with friends and family to make it fun.

Eat healthy foods so you'll have the energy to run.

Drink plenty of water each day to keep your body hydrated.

Have fun and encourage others to do the same!

Be safe....and have fun! Don't forget these important parts to every workout:

### Warm-Up

When your muscles are cold, they're not at their best. Much like a piece of bubble gum (it takes a few minutes of chewing before you can blow a great big bubble), muscles need a few minutes of activity to warm-up and reach their full potential. Do an easy jog and some light active stretching before you begin to run fast, jump high, or play your favorite sport. Warming up your muscles helps them stretch farther with less chance of injury. This extra stretch, just like a rubber band, helps your muscles create more power.

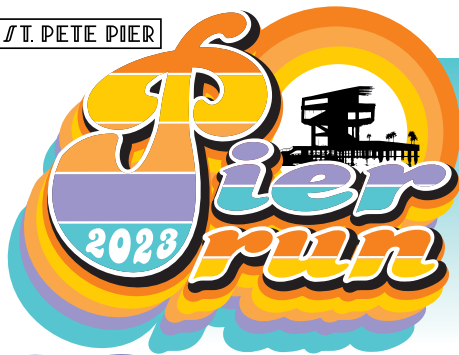
### Cool Down

Follow your workout with another easy activity like walking and some light static stretching. This will make you feel better after your run and help you recover for the next day.

### Rest & Recovery

Believe it or not, rest and recovery are a huge part of a good fitness program. When you exercise, your body makes changes so that the next time you do the same activity, you can do it even better. However, your body can only make these changes if you allow it to rest.





# 8-Week Training Program

## Week 1

**MONDAY**-(Run 1 minute, walk 1 minute) X 10

**TUESDAY**-10 Squats, 10 Pushups, :30 second plank.

**WEDNESDAY**-Find a healthy breakfast recipe, shop and cook!

**THURSDAY**-(Run 1 minute, walk 1 minute) X 10

**FRIDAY**-Be active outside for at least 20 Minutes

**SATURDAY/SUNDAY**-(Run 2 minutes, walk 4 minutes) X 5

## Week 2

**MONDAY**-(Run 2 minutes, walk 4 minutes) X 5

**TUESDAY**-12 Squats, 10 Pushups, :40 second Plank

**WEDNESDAY**-Find a healthy breakfast recipe, shop and cook!

**THURSDAY**-(Run 2 minutes, walk 4 minutes) X 5

**FRIDAY**-Be active outside for at least 20 Minutes

**SATURDAY/SUNDAY**-(Run 3 minutes, walk 3 minutes) X 4

## Week 3

**MONDAY**-(Run 3 minutes, walk 3 minutes) X 4

**TUESDAY**-15 Squats, 10 pushups, :50 second Plank

**WEDNESDAY**-Find a healthy breakfast recipe, shop and cook!

**THURSDAY**-(Run 3 minutes, walk 3 minutes) X 4

**FRIDAY**-Be active outside for at least 20 Minutes

**SATURDAY/SUNDAY**-(Run 5 minutes, walk 3 minutes) X 3

## Week 4

**MONDAY**-(Run 5 minutes, walk 3 minutes) X 3

**TUESDAY**-18 Squats, 10 pushups, 1:00 second Plank

**WEDNESDAY**-Find a healthy breakfast recipe, shop and cook!

**THURSDAY**-(Run 7 minutes, walk 2 minutes) X 3

**FRIDAY**-Be active outside for at least 20 Minutes

**SATURDAY/SUNDAY**-(Run 7 minutes, walk 2 minutes) X 3

### Week 5

**MONDAY-** (Run 8 minutes, walk 2 minutes) X 3

**TUESDAY-** 18 Squats, 12 pushups, 1:00 second Plank

**WEDNESDAY-** Find a healthy breakfast recipe, shop and cook!

**THURSDAY-** (Run 8 minutes, walk 2 minutes) X 3

**FRIDAY-** Be active outside for at least 20 Minutes

**SATURDAY/SUNDAY-** (Run 8 minutes, walk 2 minutes) X 3

### Week 6

**MONDAY-** (Run 10 minutes, walk 2 minutes) X 2

**TUESDAY-** 20 Squats, 15 pushups, 1:00 second Plank

**WEDNESDAY-** Find a healthy breakfast recipe, shop and cook!

**THURSDAY-** (Run 8 minutes, walk 2 minutes) X 3

**FRIDAY-** Be active outside for at least 20 minutes

**SATURDAY/SUNDAY-** (Run 10 minutes, walk 2 minutes) X 2

### Week 7

**MONDAY-** (Run 9 minutes, walk 1 minute) X 3

**TUESDAY-** 20 Squats, 15 pushups, 1:10 second Plank

**WEDNESDAY-** Find a healthy breakfast recipe, shop and cook!

**THURSDAY-** (Run 12 minutes, walk 2 minutes) X 2

**FRIDAY-** Be active outside for at least 20 Minutes

**SATURDAY/SUNDAY-** (Run 8 minutes, walk 2 minutes) X 3

### Week 8

**MONDAY-** Be lightly active outside for at least 10 Minutes

**TUESDAY-** PREPARE FOR YOUR RACE AND CELEBRATE!

**When training is done, you are ready for the  
St. Pete Pier Run 4 Miler!  
Best of luck in your training!**