

NIKE CLUB RUN TRAINING GUIDE

SATURDAY SCHEDULE - LEVEL 1 BEGINNER

Nike Club Run SF

Saturdays, 8:00 AM. Little Marina Green, Marina Boulevard & Baker Street, San Francisco

Wednesday, 6:30 PM. Niketown SF, 278 Post Street @ Stockton, San Francisco

Week	Dates	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
16	7/4-7/9						Nike Club Run SF - Kick Off Mile!	FULL: 2-4 mi HALF: 2-4 mi WALK: 2-4 mi
15	7/10- 7/16	2-4 miles + core strength	OFF	2-4 miles NIKETOWN SF	Cardio cross train + stretch	up to 4 miles or OFF	FULL: 4 mi HALF: 4 mi WALK: 4 mi	yoga, pilates, stretch, walk
14	7/17-7/23	2-4 miles + core strength	OFF	4 miles NIKETOWN SF	Cardio cross train + stretch	up to 4 miles or OFF	FULL: 6 mi HALF: 4-6 mi WALK: 4-6	yoga, pilates, stretch, walk
13	RECOVERY WEEK 7/24-7/30	2-4 miles + core strength	OFF	3 miles NIKETOWN SF	Cardio cross train + stretch	up to 4 miles or OFF	FULL: 6-8mi HALF: 4-6 mi WALK: 4 mi	yoga, pilates, stretch, walk
12	7/31-8/6	2-4 miles + core strength	OFF	4-5 miles NIKETOWN SF	Cardio cross train + stretch	up to 4 miles w/hills or OFF	FULL: 8 mi HALF: 6 mi WALK: 4-6 mi	yoga, pilates, stretch, walk
11	8/7-8/13	2-4 miles + core strength	OFF	4-5 miles NIKETOWN SF	Cardio cross train + stretch	up to 4 miles or OFF	FULL: 10 mi HALF: 6-8 mi WALK: 6-8 mi	yoga, pilates, stretch, walk
10	8/14-8/20	2-4 miles + core strength	OFF	4-5 miles NIKETOWN SF	Cardio cross train + stretch	up to 4 miles w/ hills or OFF	FULL: 12 mi HALF: 8 mi WALK: 8-10 mi	yoga, pilates, stretch, walk
9	RECOVERY WEEK 8/21-8/27	2-4 miles + core strength	OFF	4 miles NIKETOWN SF	Cardio cross train + stretch	up to 4 miles or OFF	FULL: 10 mi HALF: 4 mi WALK: 8 mi	yoga, pilates, stretch, walk
8	8/28-9/3	2-4 miles + core strength	OFF	4-6miles NIKETOWN SF	Cardio cross train + stretch	up to 4 miles w/hills or OFF	FULL: 12-14 mi HALF: 8-10 mi WALK: 10-12 mi	yoga, pilates, stretch, walk
7	9/4-9/10	2-4 miles + core strength	OFF	4-6 miles NIKETOWN SF	Cardio cross train + stretch	up to 4 miles or OFF	FULL: 14-16mi HALF: 8-10 mi WALK 12-14 mi	yoga, pilates, stretch, walk
6	POWER RUN 9/11-9/17	2-4 miles + core strength	OFF	4-6miles NIKETOWN SF	Cardio cross train + stretch	up to 4 miles or OFF	FULL: 16-18 mi w/ last 3 strong HALF: 10-12 mi WALK: 12-14 mi	yoga, pilates, stretch, walk
5	RECOVERY WEEK 9/18-9/24	2-4 miles + core strength	OFF	4 miles NIKETOWN SF	Cardio cross train + stretch	up to 4 miles or OFF	FULL: 14 mi HALF: 6-8 mi WALK: 8-10	yoga, pilates, stretch, walk
4	PEAK WEEK! 9/25-10/1	2-4 miles + core strength	OFF	4 miles NIKETOWN SF	Cardio cross train + stretch	up to 4 miles w/hills or OFF	FULL: 20- 22 mi w/ last 3 strong HALF: 13 mi w/ last 2 strong WALK: 16 mi	yoga, pilates, stretch, walk
3	10/2-10/8	2-4 miles + core strength	OFF	4-6 miles NIKETOWN SF	Cardio cross train + stretch	up to 4 miles w/hills or OFF	FULL: 8-10 mi HALF: 6 mi WALK: 6 mi	yoga, pilates, stretch, walk
2	10/9-10/15	2-4 miles + core strength	OFF	4 miles + 4 strides NIKETOWN SF	Cardio cross train + stretch	up to 4 miles or OFF	ALL: 4-6 miles + 4 strides	yoga, pilates, stretch, walk
1	TAPER WEEK 10/16-10/22	2-4 miles + strides	OFF	2-3 miles with 4 strides NIKETOWN SF	light cardio + stretching	OFF	**easy :20::30 with 4 strides	NIKE WOMEN'S MARATHON! RACE DAY: FULL: 26.2 miles! HALF: 13.1 miles!

LEGEND:

FULL = Marathon Training Mileage **HALF** = Half Marathon Training Mileage **MP** = Marathon Pace **1/2 MP** = Half Marathon Pace **R** = Recovery **CS/S** = Core Strength &/or Stretch Workout
(i.e. yoga, pilates, Core, Circuit, etc.)

LEVEL I: Newer runner &/or marathoner, less experienced marathoner, &/or anyone not currently running much or at all.
Zero or very limited running base established/ Currently running 0-2 times/week and running less than 10 mi per week.

Looking ahead: 3-4 runs per week, more rest/recovery days in between. Slower progression allowing body to adapt with active recovery week approximately every 4 weeks (recovery allows body to recover and adapt to building workouts). Longest and most powerful run is 3 weeks from marathon.
Cross Training, stretching, and core strength training a MUST for injury prevention.

Workout option for mild, yet functional injuries:

- * Water Running @ run prescribed pace and mileage (calculated into time).
- * Cycle at prescribed effort (5K being slightly anaerobic) and calculated time.

Cross Training Options:

Cycle or bike ride for muscle balance
Water Running, easy
Swimming